

ELIZABETH *late*
Countess of Kent.

A

CHOICE MANUAL,

OR,

RARE and SELECT

SECRETS

IN

PHYSICK

AND

CHIRURGERY.

Collected, and Practiſed by the Right Honourable, the *COUNTESS* of *KENT*, Late DECEASED.

Whereto are added ſeveral Experiments of the Virtues of Gaſcon-powder, and Lapis contra Yarvam, *by a Profeſſor of* Phyſick.

As alſo moſt Exquiſite ways of Preſerving, Conſerving, Candying, *&c.*

The 21th. Edition, with Additions.

LONDON,

Printed for *Henry Mortlock*, at the *Phœnix* in St. *Paul's* Church-yard, 1708.

EX DON
BIBL.
DOUCE.

To the Virtuous and moſt Noble Lady, *Latitia Popham*, Wife of the Honourable, and truly Valiant Collonel *Alexander Popham*.

Thrice Noble and truly Vertuous Lady,

AFter mature deliberation, what to render unto your acceptance worthy your Patronage, nothing occurred more probable than this ſmall Manual; which was once eſteemed a rich Cabinet of knowledge, by a Perſon truly Honourable. May it auſpitiouſly procure but your Honours like friendly eſtimation, and then I doubt not, but it will find a univerſal acceptance amongſt Perſons of greateſt Eminency. Sure I am, it may be juſtly deemed as a rich Magazine of Experience, having long ſince taught the World it's approved excellency, yea, even in many dangerous exigencies.

All I humbly crave for the preſent is, my boldneſs may be favourably excuſed, ſince 'twas my lawful ambition, thereby to avoid ingratitude, for the many ſingular favours I have already received from your endeared truly Honourable Husband, my always true noble Friend, and moſt happy Country-man. God multiply his Bleſſings upon all your noble Family, and make you no leſs honourable here on Earth, than eternally happy hereafter; which ſhall be the daily Prayer of him, whoſe higheſt Emulation is,

In all due ways

abundantly to Honour

and Serve you,

W. J.

TO

TO THE READER.

Courteous Reader,

WEll remembring that we are all born for the Weal publick good: I here tender to thy peruſal this ſmall, and yet moſt excellent Treatiſe, Entituled, *A Choice Manual of Rare and Select Secrets in Phyſick*: If thereby you ſuck abundance of profit, I ſhall be ſuperlatively glad; but if any, or perchance many unlooked for miſtakes, for want of a due application bid thee entertain contrary thoughts, the effect not anſwering thy curious expectation, upon a more ſerious reflex, know, that nothing is abſolutely perfect, and withal, that the richeſt and moſt ſoveraign Antidote may be often miſapplied: wherefore the fault not being mine, excuſe and ceaſe to cenſure: For which juſt and but reaſonable favour, thou ſhalt deſervedly oblige me,

Thine W. J.

A Table of the Contents.

A

FOR an Ague 13,32,67,71,76
For an Ach 14,19,29,30,51,59,63,72,80
Aqua Composita 56,62,67
For an Ach in the Back 63
For a Tertian Ague 76
For the ſtinging of an Adder ibid.
Mr. Aſhley's Ointment 79
For an Ach in the Joint 62
The Virtue of Aqua Bezoar 93
Spirit of Confection of Alkermes with its Virtues 96
Extract of Ambergriece ibid.

B

For a Bruiſe 5,15,28,37,38,46,48,51,54,73
A reſtoring Broth 10
A ſtrengthening Meat for the ſame ibid.
A Cordial for a Breakfaſt 11
For a griping of the Belly ibid
To clear the Blood 16
For burning in the Back ibid.
For weakneſs in the Back 17,50
For a ſore Breaſt 19
For a ſtinking Breath 16,19
For one that piſſeth Blood 24
For the Bone-ach 14,31,72
For a burning by Lightning 41
To ſtench Blood 42
For the Black Jaundice 43

For

The Contents

For Burning with Gun-powder 41,47
A plaister for the Back 38,39,56
To make Balm-water 54,70
For an inward Bruising 28,73
For a Blast 82
Balsamum ibid.

C

For a Consumption and Cough of the Lungs 1,14,48,65
Cordials 8,38
To make a Jelly and Glister for the Cough 7
For an extream Cough and Cold 6,87
China Broth for a Consumption 12
Another Broth for a Consumption 10,13
For Corns 25
For a Canker 26,51,58,74
For pain after Child-birth 33
For swollen Cods 34
For the Cholick 50,67
For all manner of Cuts 35,49
For a dead Child in a Woman 45,76
To deliver a Child in danger 65
To cool Choller 66
For the Cholick-passion 67
For Children that are troubled with an extream Cough 73,87
For a Cold 17,82
Powder of Crabs-claws 90
The Virtues of a Root call'd Contra Yarva 91
Virtues of Spirit of Clary 94
Virtues of Spirit of Comfrey 96

D

For the Dropsie 16
For the biting of a mad Dog 31,36,76
Virtue of Spirit of Diasatyrion 95

E

For all infirmities and Diseases of the Eyes 15, 18 24,25,53 72,73,84 85
For a Pin, and Web, and redness in the Eye 37,72

For

The Contents

For the Emerhoids 47,63,74
For the Rheum at the Eyes 62
For sore Eyes 16,53,64
Several Experiments made of the Countess of Kents, Powder 97

F

For Faintness 2
For Flegm 6
To know whether he that hath the Flux shall live or die 23
For the Falling sickness 2,27,83
For the Bloody-flux 28,67 84
To kill a Fellon 32,57 60 63
To break a Fellon 57,63
Oyl of Foxes its Virtues 51
Jelly of Frogs 86
For a red Face 88

G

For the Gout 21,45
For the Green-Sickness 41
Gascons Powder 89
Gascons Powder for the Apothecaries 90
To make a Glister 8

H

To make Horse-Radish Drink 4
To take away Hoarseness 7
To take away Head-ach ibid.
A Cordial for the Heart 42,43
For coldness in the Head 17
For Hearing 22,44,60
For the breaking out of Childrens Heads 27
For the swelling of the Head with a Fall 34
For a new Hurt 35
To cleanse the Head 36
For singing in the Head 48
For a Heat, burning or scalding 61
Oyl of Hypericon 83
For a scald Head 60,84

For

The Contents

For Heat of the soles of the Feet 61,89

I

For the Itch 6,46,84
Oyl *of* St. John's Wort 39
For a strain in the joints 71,78,80
Jelly of Hart's-horn 7

K

For Kibes 13,83
The Countess of Kent's *Powder* 91

L

For the Liver 6,42,56
For a Lask 34,46,55,58
To cause easie Labour 38
Against grief of the Lungs 43,49,75
To keep ones body loose 88

M

Against Melancholy 2,4,35,55
Aqua Mirabilis, *with the Virtues* 3
To prevent Miscarrying 13
For the Mother 53,74
The Virtues of Aqua Mariæ 94
The Virtues of Spirit of Mints ibid.
The Compositum of Oleum Magistrale 100

P

For the Plague 5,48,52,53,68,75,86,87
For the Pluresie 13,36
For a dead Palsie 19,50
A good purge 20,29,43
For a prick with a Nail or Thorn 47,52,57
To make the leaden Plaister 51
The Virtue of the Plaister 52
For the Ptisick 59
For pricking and burning in the soles of the Feet 61
For a push 63
The best Paracelsus *Salve* 77
A Excellent Plague-water 81
A defensive Plaister against the Plague 81

R

Running

Running of the Reins 17,34,40,61.82
Pectoral Rolls 17
For the Reins of the Back 30,51
For all sorts of Rheums 46,62
For one that hath a Rupture 48,49,57
Virtues of Flowers of Rosemary 94
Virtues of Spirits of Roses 95

S

For Stone in the Kidnies 2,4,37,43,55
A Medicine for those that are sick after eating 66
For a Stich 30, 48
For Scabs 6
For the Scurvy 16
To strengthen the Stomack 20,42,64
For Sun-burnt 17
For a Swelling or Sore 19 25,26.56
For spitting of Blood 23 35,36.49
Against surfeiting 24,30,54,85
For Sinews that are shrunk 31,67
Dr. Stephens's Water 32,70
To cause one to sleep 50 58,60
For pain in the Stomack 37,59
A Cordial for the Sea 28
For the Stone 46,55,66
For an old Sore, or other Sores 39,42,44,46,49,58, 61,63,80
To make Oyl of Sage 42
For a Scald 47.61,74
To make Oyl of Swallows 57
For the Sight 18,59
For the stiffness of the Sinews 67
For the Spleen 42,73
Virtues of Spirit of Saffron 95
Virtues of Spirit of Strawberries ibid.

T

For stopping in the Throat 6
To distill Treacle water ibid.
For a Tetter 28,47,88

To

The Contents

To keep Teeth clean 42
To cure the Garget in the Throat 44
To quench Thirſt 59
For the Tooth-ach 43,86
To faſten the Teeth 87
To make one taſte their Meat ibid.
The Virtues of Aqua Theriacilis 94

V

How to ſtay Vomiting 17
How to ſtop the bleeding of a Vein 23,36
For a Vein ill ſmitten 24
For Ulcers 27
Flos Unguentorum 28
Againſt biting of Venemous Beaſts 34
Againſt falling of the Uvula 89

W

A Cordial for the Wind in the ſtomach 8,50,71
Reſtoratives for the ſame 9
For a green Wound or other Wounds 31,34,35,40 53,61,65
For one that is Weak 55
To ſtench bleeding of a Wound 82
For a Woman travelling with Child 39
For a Wen 27
For cankered Wounds 31
Dr. Willoughbie's *Water* 33
To draw an Arrow-head, or any Iron out of a Wound 34
For a Woman that hath her Flowers too much 45
To cauſe a Woman to have her ſickneſs 46
To kill Worms 46,75
For the Wind-Chollick 50,76
For one that cannot make Water 56,89
To take away Warts 59

Y

Yellow Jaundice 18

A CHOICE MANUAL, OR, RARE and SELECT SECRETS IN PHYSICK.

A very good Medicine for a Conſumption, and Cough of the Lungs.

TAke a Pound of the beſt Honey you can get, and diſſolve it in a Pipkin, then take it off the fire, and put in two pennyworth of flower of Brimſtone, and two pennyworth of powder of *Elecampana*, and two pennyworth of the flower of Liquorice, and two pennyworth of red Roſe-water, and ſo ſtir them together, till they be all compounded together, and put it into a gally-pot, and when you uſe it, take a Liquorice ſtick beaten at one end, and take up with it as much almoſt as half a Walnut, at night when you go to bed, and in the morning faſting, or at any time in

the night when you are troubled with the Cough, and ſo let it melt down in your mouth by degrees.

Sir John Digbies *Medicine for the Stone in the Kidneys.*

Take a pound of the fineſt Honey, and take ſeven quarts of Conduit-water, ſet them on the fire, and when it is ready to ſeeth, ſcum it, and ſtill as the froth doth riſe, ſcum it, and put in 20 whole Cloves, and let them ſeeth ſoftly for the ſpace of half an hour, and ſo bottle it up for your uſe, and drink it morning and evening, and at your meat, and uſe no other drink until you are well.

A Medicine for the Falling-ſickneſs.

Take a penny weight of the powder of Gold, ſix penny weight of Pearl, ſix penny weight of Amber, ſix penny weight of Corral, eight grains of Bezar, half an ounce of Piony ſeeds; alſo you muſt put ſome powder of a dead mans skull, that hath been an Anatomy, for a Woman, and the powder of a Woman for a Man, compound all theſe together; and take as much of the powder of all theſe as will lie upon a two-pence for nine mornings together in Endive-water, and drink a good draught of Endive-water after it.

For Cordials and Reſtoratives uſe theſe things following.

In any faintneſs, take three drops of Oil of Cinnamon, mixed with a ſpoonful of ſyrup of Gilliflowers, and as much Cinnamon-water; drink this for a Cordial.

Againſt Melancholy.

Take one ſpoonful of Gilliflowers, the weight of ſeven Barly-corns of Bever-ſtone, bruiſe it as fine as flower, and ſo put it into two ſpoonfuls of ſyrup of Gilliflowers, and take it four hours after Supper, or elſe four hours after Dinner, this will chear the heart.

If

If you be ſick after meat, uſe this.

Take of the beſt green Ginger that is preſerved in ſyrup, ſhred it in ſmall pieces, put it into a gallypot, and put Cinnamon-water to it, then after dinner or ſupper eat the quantity of two Nutmegs upon a Knifes point.

Aqua Mirabilis.

Take three pints of White-wine, one pint of *Aqua vitæ*, one pint of juice of Celendine, one dram of Cardamar, a dram of Melilot-flowers, Cubebs a dram, of Galingal, Nutmeg, Mace, Ginger, and Cloves, of each a dram; mingle all theſe together over night, the next morning ſet them a ſtilling in a glaſs Limbeck.

The Virtues.

This Water diſſolveth ſwelling of the Lungs; and being periſhed doth help and comfort them, it ſuffereth not the blood to putrifie, he ſhall not need to be let blood that uſeth this water, it ſuffereth not the heart-burning, nor Melancholy or Flegm to have dominion, it expelleth Urine, and profiteth the ſtomach, it preſerveth a good colour, the viſage, memory, and youth, it deſtroyeth the Palſie.

Take ſome three ſpoonfuls of it once or twice a Week, or oftner, morning and evening, firſt and laſt.

Another way to make Aqua Mirabilis.

Take Galingal, Cloves, Quibs, Ginger, Mellilip, Cardamony, Mace, Nutmegs, of each a dram, and of the juice of Celendine half a pint, adding the juice of Mints and Balm, of each half a pint more, and mingle all the ſaid Spices, being beaten into a powder with the juice, with a pint of good *Aqua vitæ*, and three pints of good White-wine, and put all theſe together into a pot, and let it ſtand all night being cloſe ſtopt, and in the morn-

ing ſtill it with a ſoft fire as can be, the ſtill being cloſe paſted, and a cold ſtill.

A Medicine for the Stone in the Kidneys.

Take a good handful of Pellitory of the wall, a handful of Mead, Parſley, Saxifrage, a handful of wild Thyme, a handful of Garden Parſley, three ſpoonfuls of Fennel-ſeeds, ſix Horſe Raddiſh Roots ſliced, then ſhred all theſe together, put them in a gallon of new Milk, and let them ſtand and ſteep in a cloſe pot one whole night, and then ſtill them, Milk and all together, this muſt be done in *May* or *June*, for then Hearbs are in their beſt State; and when it is taken you muſt put two or three ſpoonfuls of this water, as much white Wine as Reniſh, and if you pleaſe a little Sugar, and ſo take it two days before the Change, and two days after, and two days before the Full, and two days after, continuing taking the ſame all the Year, and the Patient undoubtedly ſhall find great Eaſe, and void many ſtones, and much gravel, with little pain.

To make Horſe-Raddiſh drink.

Take half a pound of Horſe-Raddiſh, then waſh and ſcrape them very clean, and ſlice them very thin croſs ways on the Root, then put them into ſix quarts of ſmall Ale, ſuch as is ready for drinking, which being put into a pipkin cloſe covered, ſet on the Embers, keeping it little more than blood warm for twelve hours, then take it off the fire, and let it ſtand to cool until the next morning, then pour the clear Liquor into bottles, and keep it for your uſe, drinking a good draught thereof in the Morning, faſting two hours after, and the like quantity at Four in the Afternoon, this drink is excellent good againſt Winds, as alſo for the Scouring and Dropſie, being taken in time.

An excellent Sirrup againſt Melancholy.

Take four quarts of the juice of Pearmains, and twice as much of the juice of Bugloſs and Borrage, if

if they be to be gotten, a drachm of the best English Saffron, bruise it, and put it into the juice, then take two drachms of *Kermes* small beaten to pouder, mix it also with the juice, so being mixt, put them into an earthen vessel, covered or stopt forty eight hours, then strain it, and allow a pound of Sugar to every quart of juice, and so boil it to the Ordinary height of a Sirrup, after it is boiled, take one drachm of the spices of Diamber, and two drachms of the spices of *Diamargaritonfrigidum*, and so sew the same slenderly in a Linnen bag, that you may put the same easily into the bottle of sirrup, and so let it hang with a thread out at the mouth of the bottle; the spices must be put into the sirrup in the bag, so soon as the sirrup is off the fire, whilst it is hot, then afterwards put it into the bottle, and there let it hang: put but a spoonful or two of Honey amongst it while it is boiling, and it will make the scum rise, and the sirrup very clear.

You must add to it the quantity of a quarter of a pint of the Juyce of Balm.

An excellent Receit for the Plague.

Take one pound of green Walnuts, half an ounce of Saffron, and half an ounce of *London* Triacle, beaten together in a Mortar, and with a little *Carduus*, or some such water, vapour it over the fire, till it come to an Electuary: keep this in a pot, and take as much as a Walnut; it is good to cure a Feaver, Plague, and any Infection.

An excellent Cordial.

Take the flowers of Marigolds, and lay them in small spirit of Wine, when the tincture is fully taken out, pour it off from the flowers, and vapour it away till it come to a Consistence as thick as an Electuary.

For a bruise or stitch under the Ribs.

Take five or six handfuls of Cabbage, stamp it and strain it, after it is boiled in a quart of fair wa-

ter, then ſweeten it with Sugar, and drink it off in a Wine glaſs in the morning, and at 4 in the afternoon, for five or ſix days together, then take a Cabbage-leaf, and between two diſhes ſtew it, being wet firſt in Canary Wine, and that lay hot to your ſide evening and morning.

An excellent Receit for an Itch, or any foul Scabs.

Take fox Gloves, and boil a handful of them in poſſet drink, and drink of it a draught at night, and in the Morning, then boil a good quantity of the Fox-gloves in fair running water, and anoint the places that are ſore with the Water.

A Receit good for the Liver.

Take Turpentine, ſlice it thin, and lay it on a Silver or Purſlane Plate, twice or thrice in the Oven with the Bread, till it be dry, and ſo make it into pouder, every day take as much as will lye on a ſix-pence in an Egg.

For Flegm, and ſtopping in the Throat and Stomach. D.T.

Take Oil of Almonds, Linſeed Oil, buds of Orange flowers, boil all theſe in Milk, and anoint the ſtomach well with it, and lay a ſcarlet cloth next to it.

For an extream Cold, and a Cough.

Take of Hyſop water ſix ounces, of red Poppy-water four ounces, ſix Dates, ten Figs, and ſlice them ſmall, a handful of Raiſins of the Sun, the weight of a Shilling of the powder of Liquorice; put theſe into the aforeſaid waters, and let them ſtand five or ſix hours upon warm embers cloſe covered, and not boil, then ſtrain forth the water, and put into it as much Sugar of Roſes as will ſweeten it: drink of this in the morning, and at four of the clock in the afternoon, and when you go to bed.

To diſtill Triacle-water.

Take one ounce of Harts-horn ſhaved, and boil it in three pints of *Carduus* water till it come to a quart, then take the Roots Elecampane, Centian,

Ci-

Cipreſs, Turmentil, and of Citron rinds, of each one ounce, Borrage, Bugloſs, Roſemary flowers, of each two ounces; then take a pound of the beſt old Triacle, and diſſolve it in 6 pints of White-wine, and three pints of Roſe-water, ſo infuſe all together, and diſtil it.

It is good to reſtore Spirits, and ſpeech, and good againſt ſwouning, Faintneſs, Agues, and Worms, and the ſmall Pox.

Triacle-water.

Take three ounces of *Venice* Triacle, and mingle it in a quart of ſpirits of wine, ſet it in horſe-dung four or five days, then ſtill it in aſhes, or ſand twice over; after take the bottom which is left in the Still, and put to it a pint of ſpirit of Wine, and ſet it in the dung till the tincture be clean out of it, and ſet it on the fire, till it become to be a thick conſiſtence, it muſt be kept with a ſoft fire. And ſo the like with Saffron.

To take away Hoarſneſs.

Take a Turnip, cut a hole in the top of it, and fill it up with brown Sugar-candy, and ſo roaſt it in the embers, and eat it with butter.

To take away the Head-ach.

Take the beſt Sallade Oil, and the glaſs half full with tops of Poppy-flowers which groweth in the Corn; ſet this in the Sun a Fortnight, and ſo keep it all the year, and anoint the Temples of your head with it.

For a Cough.

Take Sallade Oil, *Aqua vitæ*, and Sack, of each an equal quantity, beat them all together, and before the fire rub the ſoles of your feet with it.

To make Jelley of Harts-horn.

Take a quart of running water, and three ounces of Harts-horn ſcraped very fine, then put it into a ſtone Jug, and ſet the Jug in a Kettle of water over the fire, and let it boil two or three hours

until

until it Jelly, then put it into 3 or 4 ſpoonfuls of Roſewater, or White-wine, then ſtrain it: you may put into it Musk, or Ambergreece, and ſeaſon it as you pleaſe.

To make a Gliſter.

Take half a quart of new Milk, or three quarters, ſet it on the fire, and make it ſcalding hot, then take it off, and put into it the yolk of a new laid Egg beaten, two ounces of brown Sugar-candy, or black Sugar, give it to the party blood-warm.

Another.

Take the bone of a neck of Mutton, or Veal, clean waſhed, ſet it on the fire to boil in three pints of fair water, and when it is clean ſcummed, then put in the Roots of Fennel and Parſley clean waſhed and ſcraped, of either of them, the Roots bruiſed a handful, of Cammomil and Mallows a handful, let all theſe boil together till half be waſted, then ſtrain it; take three quarters of a pint of this broth, brown Sugar-candy two ounces, of Oil of Flax-ſeed two ounces; mingle all theſe together, and take it for a Gliſter blood-warm, when it is in your body, keep it half an hour, or three quarters of an hour, or an hour if you can.

A comfortable Cordial to chear the Heart.

Take one ounce of Conſerve of Gilliflowers, 4 grains of the beſt Musk bruiſed as fine as flower; then put it into a little tin pot, and keep it till you have need to make this Cordial following; *viz.* Take the quantity of one Nutmeg out of your tin pot, put to it one ſpoonful of Cinnamon water, and one ſpoonful of the ſirrup of Gilliflowers, Ambergriece; mix all theſe together, and drink them in the morning, Faſting 3 or 4 hours: this is moſt comfortable.

A Cordial for Wind in the ſtomach, or any part.

Take ſix or eight ſpoonfuls of Penniroyal-water, put into it four drops, of Oil of Cinnamon,

ſo

ſo drink it any time of the day, ſo you faſt two hours after.

Reſtoratives.

Take a well fleſht Capon from the Barn door, and pluck out his Intrals, then waſh it within with a little white-Wine, then fley off all the skin, and take out his bones, and take the fleſh, only cut it in little pieces, and put it into a little ſtone bottle, and put to it one ounce of white Sugar-candy, ſix Dates ſlit, with the ſtones and piths taken out, one large Mace, then ſtop the bottle up faſt, and ſet it in a Chafer of water, and let it boil three hours; then take it out, and pour the juice from the meat, and put to it one ſpoonful of red roſe-water, and take the better part for your breakfaſt 4 hours before dinner, and the other part at three a clock in the afternoon, being blood-warm.

Another Reſtorative.

Take half a pint of Claret wine, and half a pint of Ale, and make a Caudle with a new laid Egg; put in half a nutmeg cut in two pieces, then take it off the fire, and put in ſeven grains of Ambergriece; drink this for two Breakfaſts, for it will encreaſe blood and ſtrength.

Another Reſtorative.

Take two new-laid Eggs, and take the whites clean from them, and put the yolks both in one ſhell; then put in two ſpoonfuls of Claret wine, ſeven grains of Ambergriece ſmall bruiſed, and a little Sugar-Candy; ſtir all theſe together, and make them blood-warm, and ſup them up for a breakfaſt three or four hours before Dinner.

Another Reſtorative.

Take a young leg of Mutton, cut off the skin and the Fat, take the fleſh being cut into ſmall pieces, and put it into a ſtone bottle, then put to it two ounces of Raiſins of the Sun ſtoned, a large Mace, an ounce an half of Sugar-candy, and ſtop the bottle cloſe,

close, and let it boil in a Chafer three hours, and so put the juice from the meat, and keep it in a clean glass; it will serve for three breakfasts, or if he will he may take some at three of the clock in the Afternoon being made warm.

A Restoring Broth.

Take 2 ounces of Chene-roots, first slit very thin, then put it in a new Pipkin with five pints of running water being close covered, and so set it upon Embers all night long, where it may be very hot, but not seeth; then put to that water a great Cock Chicken, and when it is clean scummed, put into it two spoonfuls of French Barly, six Dates slit, with the piths and stones taken out, two ounces of Raisins of the Sun ston'd, a large Mace, let all these boil together till half be consumed, then take out the *Cock*, and beat the flesh of it in a clean Morrar and a little of the broth, then strain it altogether throughout a hair Cullender, then put in two spoonfuls of red Rose-water, and sweeten it with white Sugar-candy; drink of this Broth, being made warm, half a pint in the morning early fasting, and sleep after it if you can, drink a good draught at three of the clock in the afternoon; this broth is very good for a Consumption, and the longer they take it, it is the better.

A strengthening Meat.

Take Potato-roots, roast them or bake them, then pill them, and slice them into a dish, put to it lumps of raw Marrow, and a few Currans, a little whole Mace, and sweeten it with Sugar to your taste, and and so eat it instead of buttered Parsnips,

Broth for a Consumption.

Take three Marrow-bones, break them in pieces, and boil them in a Gallon of water till half be consumed, then strain the liquor through a Cullender, and let it stand while it be cold, then take off all the Fat clean, and put the broth into a pipkin, and put

put to it a good Cock chicken, and a Knuckle of Veal, then put into it the bottom of a white loaf, a whole Mace, two ounces of Raiſins of the Sun ſtoned, ſix Dates ſlit; let all theſe boil together till half be conſumed, then ſtrain it; inſtead of Almonds take a few Piſtaties kernels and beat them, and ſtrain with your Broths as you do Almond-milk, and ſo ſweeten it with white ſugar, and drink half a pint early in the Morning and at three a Clock in the Afternoon, and ſo continue a good while together, or elſe it would do you no good.

Another Cordial.

Take a preſerved Nutmeg, cut it in four quarters, eat a quarter at a Breakfaſt, and another in the Afternoon: this is good for the Head and Stomach.

A Cordial for a Breakfaſt faſting.

Eat a good piece of a Pomecitron preſerved, as big as your two fingers in length and breadth, and ſo at three of the Clock in the Afternoon.

A Reſtoring Breakfaſt.

Take the Brawn of a Capon, or Pullet, twelve Jordan Almonds blanched, beat them together, and ſtrain out the juice with a draught of ſtrong Broth, and take it for a Breakfaſt, or to bedward.

A Medicine for any griping of the Belly.

Take a pint of Claret-wine, put to it a ſpoonful of Parſley-ſeed, and a ſpoonful of ſweet Fennel-ſeed, half a dozen Cloves, a branch of Roſemary, a wild Mallow-root clean waſht and ſcrapt, and the pith taken out, with a good piece of ſugar; ſet this on the fire, and burn the Claret very well with all theſe things in it, then drink a good draught of it in the morning Faſting, and at three a clock in the Afternoon.

To keep the Body Lapintine.

Take half a pint of running Water, put it in a new Pipkin with a cover, then put into the Water two ounces of Manna, and when it is diſſolved, ſtrain

ſtrain it, and put to it four ounces of Damask Prunes, eight Cloves, a branch of Roſemary; let all theſe ſtew together while they be very tender, then eat a dozen of them with a little of the Liquor an hour before Dinner or Supper, then take a draught of Broth and Dine.

To make the China *Broth for a Conſumption.*

Take *China* root thin ſliced two ounces, ſteep it 24 hours, in eight pints of fair water, letting it ſtand warm all the time, being cloſe covered in an earthen Pipkin, or Iron pot; then put to it a good Cockrel, or two Chickens clean dreſſed, and ſcum it well, then put in five-leaved graſs two handfuls, Maiden-hair, Harts tongue, of either half a handful, twenty Dates ſliced, two or three Mace, and the bottom of a Manchet, let all theſe ſtew together, until not above one quart remains, then ſtrain it, and take all the fleſh, and ſweet bones: beat them in a ſtone Mortar, and ſtrain out all the juice with the Broth; then ſweeten it with two ounces of white Sugar-candy in pouder, and take thereof half a pint at once, early in the morning warm, and ſleep after it if you can, and two hours before Supper at your pleaſure; when you ſteep the Root, ſlice two drachms of white Sanders, and as much red Sanders, and let them boil in the Broth.

A gentle Purge.

Take an ounce of Damask Roſes, eat it all at one time, faſt three quarters of an hour after, then take a draught of Broth and dine.

Another Purge.

Take the weight of four or five pence, of Rubarb, cut it in little pieces, and take a ſpoonful or two of good Currans waſht very clean, ſo mingle them together, and ſo eat them, faſt an hour after, and begin that meal with broth, you may take it an hour before if you will.

Broth

Broth for a Conſumption.

Take a courſe Pullet, and ſow up the belly, and an ounce of the Conſerves of Red Roſes, of the Conſerves of Borrage and Bugloſs flowers, of each of them half a ounce, Pine-Apple kernels, and Piſtaties, of each half an ounce bruiſed in a Mortar, two drachms of Amber powder, all mixed together, and put in the belly, then boil it in three quarts of Water with Egrimony, Endive, and Succory, of each one handful, Sparrow-graſs-roots, Fennel-roots, Caper-roots, and one handful of Raiſins of the Sun ſtoned; when it is almoſt boiled, take out the Puller, and beat it in a ſtone Mortar; then put it into the liquor again, and give it 3 or 4 walms more, then ſtrain it, and put to it a little Red roſe water, and half a pint of White-wine, and ſo drink it in a morning, and ſleep after it.

To prevent miſcarrying.

Take Venice Turpentine, ſpread it on brown Paper, the bredth and length of a hand; lay it to the ſmall of her back, then give her to drink a Caudle made of Muskadine, and put into it the husks of 23 ſweet Almonds dryed, and finely poudered.

For Boiles, or Kibes, or to draw a Sore.

Take ſtrong Ale, and boil it from a pint to four ſpoonfuls, and ſo keep it, it will be an Ointment.

To make Cammomil Oil.

Shred a pound of Cammomil, and knead it into a pound of ſweet Butter, melt it, and ſtrain it.

A Receipt for the Pluriſie.

Take three round Balls of Horſe-dung; boil them in a pint of White-wine till half be conſumed, then ſtrain it out, and ſweeten it with a little Sugar, and let the patient go to bed, and drink this, then lay him warm.

For an Ague.

Take a pint of Milk, and ſet it on the fire, and when it boils put in a pint of Ale, then take off the

Curd and put in nine heads of *Carduus*, let it boil till half be waſted, then to every quarter of a pint, put a good ſpoonful of Wheat-flower, and a quarter of a ſpoonful of groſs Pepper, and an hour before the Fit, let the Patient drink a quarter of a pint, and be ſure to lye in a ſweat before the Fit.

An excellent Balm for a green Wound.

Take two good handfuls of Engliſh Tobacco, ſhred it ſmall, and put it into a pint of Sallade-oil, and ſeeth it on a ſoft fire to ſimper, till the Oil change green; then ſtrain it, and in the cooling put in two ounces of *Venice* Turpentine.

For an Ach.

Take of the beſt Gall, White-wine Vinegar, and *Aqua vitæ*, of each a like quantity, and boil it gently on the fire, till it grow clammy, then put it in a glaſs or pot, and when you uſe any of it, warm it againſt the fire, rub ſome of it with your hand on the aking place, and lay a linnen cloath on it; do this mornings and evenings.

To make a Searcloth.

Virgins Wax, *Sperma Ceti*, *Venice* Turpentine, Oil of white Poppy, Oil of Ben, Oil of ſweet Almonds.

For Wind in the Stomach and the Spleen

Take a handful of Broom, and boil it in a pint of beer or Ale till it be half conſumed, and drink it for the Wind, and the Stomach, and for the Spleen.

A moſt excellent Water for a Conſumption, and Cough of the Lungs.

Take a running Cock, pull him alive, then kill him, when he is almoſt cold cut him abroad by the back, and take out the Intrals, and wipe him clean, then cut him in quarters, and break the bones. put him into ſuch a Still as you ſtill roſe-water in, and with a pottle of Sack, a pound of Currans, a pound of Raiſins of the Sun ſtoned, a quarter of

a

a pound of Dates, the ſtones taken out, and the Dates cut ſmall, two handfuls of wild Thyme, two handfuls of Orgares, two handfuls of Pimperbal, and two handfuls of Roſemary, two handfuls of Bugloſſe and Borrage-flowers, a bottle of new Milk of a red Cow; ſtill this with a ſoft fire, put into the glaſs that the water doth drop into, half a pound of Sugar-candy beaten very ſmall, one Book of leaf gold cut ſmall among the Sugar, four grains of Ambergriece, twelve grains of prepared Pearl, you muſt mingle the ſtrong water with the ſmall, and drink four ſpoonfuls at a time in the morning Faſting, and an hour before ſupper; you muſt ſhake about the glaſs when you drink it.

For a Bruiſe.

Take ſix ſpoonfuls of Honey, a great handful of Linſeed, bruiſe theſe in a Mortar, and boil them in a pint of Milk an hour, then ſtrain it very hard, and anoint your breaſt and ſtomach with it every morning and evening, and lay a red cloth upon it.

The Eye-water for the infirmities and Diſeaſes of the Eye.

Take of the diſtilled water of the white wild Roſe, half a pound of the diſtilled water of Celendine, Fennel, Eye-bright, and Rue, of each two ounces, of Cloves an ounce and a half, of white Sugar-candy one drachm, of *Tutia* prepared four ounces, pulverize all theſe Ingredients each by themſelves, ſaving that you muſt bruiſe the Camphire with your Sugar-candy, for ſo it breaks beſt; then mix all the Pouders together in a paper, put them in a ſtrong glaſs, pour the diſtilled waters upon them, and three pints of the beſt French White-wine that can be had, ſhake it every day three or four times long together for a month, and then you may uſe it: remember to keep it very cloſe ſtopt. This is *verbatim* as it was had from the Lord *Kelly*.

A Medicine very good for the Dropſie, or the Scurvy, and to clear the Blood.

Take four gallons of ale drawn from the tap into an earthen Stand, when the Ale is two days old, then you muſt put in of Brook-lime, of Water-creſſes, of water-mints with red ſtalks, of each four handfuls, half a peck of Scurvy-graſs, let all theſe be clean picked, and waſhed, and dryed with a cloth, and ſh ed with a Knife, and then put into a bag, then put in the Ale and ſtop it cloſe, ſo that it have no vent, ſtop it with Rie paſte; the beſt Scurvy graſs groweth by the water ſide, it muſt be ſeven days after the things be in before you drink it. Take two quarts of water, and in four ounces of *Guiacum*, two ounces of Sarſaparilla, one ounce of Sixifrage, put it into a pipkin, and infuſe it upon the embers for twelve hours, and then ſtrain it, and put it into the Ale as ſoon as it hath done working, this being added makes the more Caudle.

For ſore Eyes.

Take half a pint of red roſe water, put therein four penny-worth of Aloe ſuccatrina, as much *Bole armoniac* in quantity, let this lye four and twenty hours in ſteep, then waſh your eye with it evenings and mornings with a Feather, and it will help them.

A Sirrup to ſtrengthen the Stomach, and the Brain, and to make a ſweet Breath.

Take Rinds while they be new one pound, of running water the value of five Wine pints, then ſeeth it unto 3 pints, then ſtrain it, and with one pound of Sugar, ſeeth it to a Sirrup, and when you take it from the fire, put to it 4 grains of Musk.

For the burning in the Back.

Take the juice of Plantain, and Womans Milk, being of a Woman Child, put thereto a ſpoonful of Roſe-water, and wet a fine cloth in the ſame, and ſo lay it to your back where the heat is.

A

A very good Medicine to ſtay the Vomiting.

Take of Spare-mints, Worm-wood, and red Roſe-leaves dryed, of each half a handful, of Rye-bread grated a good handful, boil all theſe in red Roſe-water and Vinegar, till they be ſomewhat tender, then put it into a linnen cloth, and lay it to the ſtomach as hot as you can endure it, heating it two or three times a Day with ſuch as it was boiled in.

For weakneſs in the Back.

Take Nip, and Clary, and the Marrow of an Ox-back, chop them very ſmall, then take the yolks of two or three Eggs, and ſtrain them all together, then fry them; uſe this ſix or ſeven times together, and after it drink a good draught of Baſtard or Muskadine.

To make a Cap for the Pain and Coldneſs of the Head.

Take of Storix and Benjamine, of both ſome twelve penniworth, and bruiſe it, then quilt it in a brown Paper, and wear it behind on your Head.

To make pectoral Rouls for a Cold.

Take four Ounces of Sugar finely beaten, and half an Ounce of ſearched Liquorice, two Grains of Musk, and the weight of two Pence of the ſirrup of Liquorice, and ſo beat it up to a perfect Paſte, with a little Sirrup of Horehound, and a little Gumdragon being ſteeped in Roſe water, then roul them in ſmall Rouls and dry them, and ſo you may keep them all the year.

For the running of the Reins.

Take the pith of an Ox that goeth down the back, a pint of red Wine, and ſtrain them together through a cloth, then boil them a little with a good quantity of Cinnamon, and a Nutmeg, and a large Mace, a quantity of Ambergriece; drink this firſt and laſt daily.

For Sun-burn.

Take the juice of a Lemon, and a little Bay

Salt, and wash your hands with it, and let them dry of themselves, wash them again, and you shall find all the spots and stains gone.

For a Pin, and Web, and redness in the Eye.

Take a pint of white Rose-water, half a pint of white Wine, as much of *Lapis Calaminaris* as a Walnut bruised, put all these in a glass, and set them in the Sun one week, and shake the Glass every day; then take it out of the Sun, and use it as you shall need.

A special Medicine to preserve the Sight.

Take of brown Fennel, Honeysuckles of the hedg, of wild Daisie roots picked, and washed, and dried, of Pearl wort, of Eyebright, of red Roses, the white clipped away, of each of these a handful dry gathered, then steep all these herbs in a quart or Three Pints of the best White-wine in an earthen pot, and so let it lye in steep two or three daies close covered, stirring it three times a day, and so still it with a gentle fire, making two distillings, and so keep it for your use.

A proved Medicine for the Yellow Jaundice.

Take a pint of Muskadine, a pretty quantity of the inner bark of a Barberry-tree, three spoonfuls of the greenest Goose-dung, you can get, and take away all the white Spots of it, lay them in steep all Night, on the Morrow strain it, and put to it one grated Nutmeg, one penniworth of Saffron dryed, and very finely beaten, and give it to Drink in the Morning.

To make Pectoral Rouls.

Take one Pound of fine Sugar, of Liquorice, and Annise-seeds two spoonfuls, Elecampane one spoonful, of Amber, and Corral, of each a quarter of a Spoonful, all this must be very finely beaten and searced, and then the quantity that is set down must be taken; mix all these powders together well, then take the white of an Egg, and beat it

it with a pretty quantity of Muſk; then take a brazen Mortar very well ſcoured, and a ſpoonful or two of the Powders, and drop ſome of the Egg to it, ſo beat them to a paſte, then make them in little rouls, and lay them on a place to dry.

A Plaiſter for a ſore Breaſt.

Take crums of White-bread, the tops of Mint chopped ſmall, and boil them in ſtrong Ale, and make it like a Poulteſs, and when it is almoſt boiled, put in the Powder of Ginger, and Oil of Thyme, ſo ſpread it upon a Cloth, it will both Draw and Heal.

A Medicine for the Dead Palſie, and for them that have loſt their Speech.

Take Borrage-leaves, Marigold-leaves, or Flowers, of each a good Handful, boil it in a good Alè Poſſet, the Patient muſt drink a good draught of it in the Morning, and Sweat; if it be in the Arms or Leggs, they muſt be chafed for an Hour or two when they be grieved, and at Meals they muſt drink of no other drink till their Speech come to them again, and in Winter, if the Herbs be not to be had, the Seeds will ſerve.

An approved Medicine for an Ach, or Swelling.

Take the Flowers of Cammomil, and Roſe-leaves, of each of them a like quantity, and ſeeth them in White-wine, and make a Plaiſter thereof, and let it be laid as Hot as may be ſuffered to the place grieved, and this will eaſe a Pain, and aſſwage the Swelling.

An approved Medicine for a Stinking Breath.

Take a good quantity of Roſemary-leaves and Flowers, and boil them in White-wine, and with a little Cinnamon and Benjamin beaten in Powder being put thereto, let the Patient uſe to waſh his Mouth very often therewith, and this will preſently help him.

A good Broth for one that is Weak.

Take part of a Neck of Lamb, and a pretty running Fowl, and ſet them on the Fire in fair Spring Water, and when it boileth Scum it well, ſo done, put in two large Mace, and a few Raiſins of the Sun ſtoned, and a little Fennel-root, and a Parſley-root, and let them boil; if the Party be grieved with heat or cold in the Stomach, if Heat, put in a Handful of Barley boiled before in two Waters, and ſome Violet-leaves, Sorrel, Succory, and a little Egrimony; if Cold, put in Roſemary, Thyme, a Lilly, Marigold-leaves, Borrage, and Bugloſs, and boil this from four pints to leſs than one.

A Receit for Purging D. T.

Take the Leaves of new Sene ſix Ounces, of choſen Rubarb one Ounce and Half, Leaves of Sage, and Dock roots, of each an Ounce, of Barberries half an Ounce, Cinnamon, and Nutmeg, of each an Ounce, Anniſeſeeds, and Fennel-ſeeds, of each ſix Drams, of Tamarisk half an Ounce, Cloves and Mace, of each half a Dram, beat them into a groſs Powder, and hang them in a Linnen Bag in ſix Gallons of new Ale, ſo Drink it Faſting in the Morning, and at Night.

To Comfort the Stomach, and help Windineſs and Rheum.

Take of Ginger one Penniworth, Cloves four Penniworth, Mace ſeven Penniworth, Nutmeg four Penny-worth, Cinnamon four Penny-worth, and Galingal two Penny-worth, of each an Ounce, of Cubebs, Corral, and Amber, of each two Drams, of Fennel-ſeeds, Dill-ſeed, and Carraway-ſeed, of each one Ounce, of Liquorice and Anniſe-ſeeds, of each one Ounce, all beaten into fine Powder, one Pound and a Half of Fine beaten Sugar, which muſt be ſet on a ſoft Fire, and being diſſolved, the Powders being well mixed therewith till it be ſtiff, then put thereunto Half a Pint of red Roſe-water, and mix them well together, and put

it

it into a gally Pot, and take thereof firſt in the Morning, and laſt in the Evenings, as much as a good Haſel-nut, with a Spoonful or two of red Wine.

To make a Callice for a Weak Perſon.

Take a good Chicken, and a Piece of the Neck end of Lamb or Veal, not ſo much as the Chicken, and ſet them on the Fire, and when they boil and are well ſcummed, caſt in a large Mace, and the pieces of the bottom of a Manchet, and Half a Handful of French Barly boyled in three Waters before, and put it to the Broth, and take ſuch herbs as the party requireth, and put them in when the Broth hath boiled half an hour, ſo boil it from three and a half to one; then caſt it through a ſtrainer, and ſcum off all the Fat, ſo let it cool, then take twenty good Jordan Almonds, or more if they be ſmall, and grind them in a Mortar with ſome of the Broth, or if you think your broth too ſtrong, grind them with ſome fair water; and ſtrain them with the Broth; then ſet it upon a few coals, and ſeaſon it with ſome Sugar, not too much, and when it is almoſt boiled, take out the thick ſt, and beat it all to pieces in the Mortar, and put it in again, and it will do well, ſo there be not too much of the others fleſh.

For the Gout.

Take ſix drams of Cariacoſtine Faſting in the morning, and faſt two hours after it, you may roul it up in a Wafer, and take it as Pills, or in Sack, as you conceive is moſt agreeable for the Stomach; this proportion is ſufficient for a Woman, and eight drams for a Man, and take it every ſecond day, until you find remedy for it, it is a gentle Purge that works only upon Winds, and Water.

The Poulteſs for the Gout.

Take a penny loaf of white bread, and ſlice it, and put it in fair water, two Eggs beaten together,

a

a handful of red Roſe-leaves, two pennyworth of Saffron dryed to powder, then take the Bread out of the Water, and boil it in a quantity of good Milk, with the reſt of the Ingredients, and apply it to the place grieved, as warm as you can well endure.

For them that cannot Hear.

Put into their Ears good dryed Suet.

A Sovereign Water good for many Cures, and the health of Bodies.

Take a Gallon of good *Gaſcoigne* Wine, White, or Claret, then take Ginger, Galingal, Cardomon, Cinnamon, Nutmegs, Grains, Cloves, Anniſe-ſeeds, Fennel-ſeeds, Carraway-ſeeds, of each of them three drachms; then take Sage, Mints, red Roſe-leaves, Thyme, Pellitory, Roſemary, wild Thyme, wild Majoram, Organy, Penni-mountain, Pennyroyal, Cammomil, Lavendar, Avens, of each of them a handful, then beat the Spices ſmall, and the Herbs, and put all into the Wine, and let it ſtand for the ſpace of twelve hours, ſtirring it divers times: then ſtill it in a Limbeck, and keep the firſt water by it ſelf, for it is beſt; then will there come a ſecond water, which is good, but not ſo good as the firſt: the Virtues of this Water be theſe. It comforteth the Spirit vital, and preſerveth greatly the Spirit vital, and preſerveth the youth of man, and helpeth all inward Diſeaſes coming of cold, and againſt ſhaking of the Palſie, it cureth the contract of ſinews, and helpeth the Conception of the Barren, it killeth the Worms in the Belly, it killeth the Gout, it helpeth Tooth-ach, it comforteth the ſtomach very much, it cureth the cold Dropſie, it breaketh the Stone in the Back, and in the reins of the Back, it cureth the Canker, it helpeth ſhortly the ſtinking Breath, and whoſoever uſeth this water oft, it preſerveth them in good liking; this water will be better if it ſtand

in

in the ſun all the Summer, and you muſt draw of the firſt water but a pint, and of the ſecond as far as it will run, until the whole Gallon of Wine and Herbs be all done out, but the laſt water is very ſmall, and not half ſo good as the firſt; if you do draw above a pint of the beſt water, you muſt have all things more as is aforeſaid.

To ſtanch the bleeding of a Wound.

Take a Hounds-turd, and lay it on a hot coal, and bind it thereto, and that ſhall ſtanch bleeding; or elſe bruiſe a long worm, and make powder of it, and caſt it on the wound; or take the ear of a Hare, and make pouder thereof, and caſt that on the Wound, and that will ſtanch bleeding.

For ſpitting of blood after a Fall or Bruiſe.

Take Bittany, Vervain, Noſe-bleed, and five-leaved Graſs of each a like, and ſtamp them in a Mortar, and wring out the juice of them, and put to the juice as much goats Milk, and let them ſeeth together, and let him that is hurt drink of it ſeven days together, till the waxing of the Moon; and let him drink alſo Oſmory and Cumfrey with ſtale Ale, and he ſhall be whole.

For to heal him that ſpitteth Blood.

Take the juice of Bittany, and temper that with good Milk, and give the ſick to drink four days, and he ſhall be whole.

For to know whether one that hath the Flux ſhall live or dye.

Take a penny-weight of Trefoile-ſeed and give him to drink in Wine or Water, and do this three days, and if it ceaſe he ſhall live, with the help of Medicine, if not, he ſhall die.

For to ſtanch the bleeding of a Vein.

Take Rue and ſeeth it in water, and after ſtamp it in a Mortar, and lay it on the Vein, then take Lambs-wool that was never waſhed, and lay that thereon, and that ſhall ſtanch bleeding.

For

For a Vein that is evil ſmitten.

Take Beans and peel away the lack, and ſeeth them well in Vinegar, and lay them on the Vein hot, in manner of a Plaiſter.

For one that piſſeth Blood.

Take and ſeeth Garlick in water, till the third part be waſted away, let him drink of the water, and he ſhall be whole.

For a Woman travelling with Child.

Take and give her Tittany to drink in the morning, and ſhe ſhall be delivered without peril, or elſe give her Hyſop with water that is hot, and ſhe ſhall be delivered of the child, although the child be dead and rotten; and anon when ſhe is delivered, give her the ſame without Wine, or bind the herb Argentine to her Noſtrils, and ſhe ſhall be ſoon delivered; or elſe Polipody, and ſtamp it, and lay that on the womans foot in manner of a Plaiſter, and ſhe ſhall be delivered quick or dead; or elſe give her Savory with hot water and ſhe ſhall be delivered.

Againſt Surfeiting and Digeſting.

Take the bottom of a wheat-loaf, and toaſt it at the fire, till it be very brown and hard, and then take a good quantity of *Aqua vitæ*, and put upon the ſame toaſted, and put it in a ſingle Linnen cloth, and lay at the breaſt of the Patient all night, and with the help of God he ſhall recover, and he ſhall Vomit or Purge ſoon after.

A water to comfort weak Eyes, and to preſerve the ſight.

Take a Gallon and a half of old Wheat, fair and clean picked from all manner of ſoyle, and then ſtill it in an ordinary Still with a ſoft fire, and the water that comes of it muſt be put in a glaſs, then take half a pound of white ſugar candy, and bruiſe it in a Mortar to pouder, and after three days, when the water hath been in a glaſs, then put in the powdered Candy; then take an ounce of *Lapis Tu-*

tiæ

tiæ prepared, and put it into the glaſs to the reſt of the ſtuff, then take an ounce of Camphire, and break it between your fingers ſmall, and put it into the Glaſs, then ſtop the glaſs cloſe, and the longer it ſtands, the better it will be.

For tender Eyes, or for Children.

Take a little piece of white Sugar-candy as much as a Cheſnut, and put it into three or four ſpoonfuls of White-wine to ſteep, then take it out again and dry it, and when it is dry, bruiſe it in a clean Mortar that taſts of no ſpice, then put it upon a white Paper, and ſo hold it to the fire that it may be through dry, and then ſearce it through a little ſieve.

For hot Eyes and red.

Take ſlugs, ſuch as when you touch them will turn like the pummel of ſwords, a dozen or ſixteen, ſhake them firſt in a clean cloth, and then in another, and not waſh them, then ſtamp them, and put three or four ſpoonfuls of Ale to them, and ſtrain it through a dry cloth, and give it the party morning and evening, firſt and laſt.

For Corns.

Take fair water half a pint, Mercury ſublimare a penny-worth, Allum as much as a Bean, boil all theſe together in a Glaſs Still, till a ſpoonful be waſted, and always warm it when you uſe it: this water is alſo good for any Itch, Tetter, Ring-worm, or Wart.

A Sear-cloth, for a Sore, or Sprain, or any Swelling.

Take Vervain ſeven ounces, of *Siros* ſeven ounces, of Camphire three drams, of oyl of Roſes ten ounces, let the Wax and the Oil boil till the Wax be melted, then put in your *Siros* finely beaten, ſtirring it on the fire till it look brown; then put in the Camphire finely beaten, and let it boil two or three walmes, and then dip in your Cloaths.

A Poultess for a Swelling.

Take a good handful of Violet leaves, and as much Groundsel, of Chickweed and Mallowes, half a handful, cut all these with a knife, and so seeth them well in Conduit-water, and thicken it with Barly-meal being finely sifted, and so roul it sure, and lay it to the swelled place, and shift it twice a day.

To make a strong water good for a Canker, or any old Sore, or to eat any lump of flesh that groweth.

Take of Celendine a handful, of red Sage a handful, and of Woodbine-leaves a handful, shred all these together very small, and steep them in a quart of White-wine, and a pint of Water, letting it stand all night, and on the morrow strain it, and put therein of Borax, and Camphire, of each nine penny-worth, and of Mercury four penniworth, and set them on a soft fire; boiling softly for the space of an hour, and when you will use it, warm a little of it, dip in it a cloth, and lay it on the Sore, or dip in it any Cotton.

To heal any Bruise, Sore, or Swelling.

Take two pound of Wax, and two pound of Rosin, and two pound and a half of butter, and four spoonfuls of Flower, and two good spoonfuls of Honey; put in your Wax, Rosin, and your Butter all together, boil all these together, and clarifie it, then put in two ounces of Carmerick, and when it hath thus boiled a quarter of an hour, put a little water in a dish, and put it in, and let it stand till it be cold, and when you will use it, you may melt it on a soft fire, and put in your cloaths, and make Searcloth, and you may spread it Plaister-wise to heal any wound.

A Medicine for any wound old or new.

Take a pint of Sallade Oil, and four ounces of Bees Wax, and two ounces of stone pitch, and two ounces of Rosin, and two ounces of *Venice* Turpentine, and one penny-worth of Frankincense, and

and a handful of Roſemary tops, and a handful of Tutſon leaves, and a handful of Plantain leaves; theſe herbs muſt be ſtamped, and the juice of them put to the things aforeſaid, and let them boil together about a quarter of an hour, or thereabouts; this being done, put it into an earthen pot, and when it is cold you may uſe it as you have occaſion, and keep it two year; a moſt excellent Medicine,

A Medicine for a Wen.

Take black Sope, and unquench Lime, of each alike quantity, beat them very ſmall together, and ſpread it on a woollen cloth, and lay it on the Wen, and it will conſume it away.

For breaking of Childrens heads.

Take of White-wine, and ſweet Butter alike, and boil them together till it come to a Salve, and ſo anoint the head therewith.

For to mundifie, and gently to cleanſe Ulcers and breed, new fleſh

Take Roſin eight ounces, *Colophonia* four ounces, *Era. & Oliva, ana.* one pound, *Adypis ovyni, Gum Amoniaci Opoponaci, ana.* one ounce, fine *Erruginis æris*; boil your Wax, *Colophonia*, and Roſin, with the oil together, then ſtrain the Gums, being firſt diſſolved in Vinegar, and boil it with a gentle fire, then take it off, and put in your *Verdigricce*, and fine powder, and uſe it according to Art.

A Fomentation.

Take the liquor wherein Neats-feet have been boiled, with Butter, and new Milk, and uſe in manner of a Fomentation.

For the Falling Sickneſs, or Convulſions.

Take the dung of a Peacock, make it into powder, and give ſo much of it to the Patient as will lye upon a Shilling, in Succory-water faſting.

For a Tetter, proceeding of a ſalt humor in the Breaſt and Paps.

Anoint the ſore place with Tanners Owſe.

For the Bloody-Flux.

Take the bone of a Gammon of Bacon, and ſet it up on end in the middle of a Charcoal-fire, and let it burn till it look like Chalk, and that it will burn no longer, then powder it, and give the powder thereof unto the ſick.

A Plaiſter for all manner of Bruiſes.

Take one pound of Mede Wax, and a quartern of Pitch, half a quartern of Galbanum, and one pound of Sheeps tallow, ſhred them and ſeeth them ſoftly, and put them to a little White-wine, or good Vinegar, and take of Frankincenſe, and Maſtick, of each half an ounce in powder, and put it to and boil them all together, and ſtill them till it be well relented, and ſpread this Salve upon a mighty Canvas that will over-ſpread the Sore, and lay it thereon hot till it be whole.

To make Flos Unguentorum.

Take Roſin per-roſin, and half a pound of Virgin-wax, Frankincenſe a quarter of a pound, of Maſtick half an ounce, of Sheeps-tallow a quarter of a pound, of Camphire two drams, melt that that is to melt, and powder that that is to powder, and boil it over the fire, and ſtrain it through a cloth into a pottle of White-wine, and boil it all together, and then let it cool a little, and then put thereto a quartern of Turpentine, and ſtir all well together till it be cold, and keep it well. This Ointment is good for Sores old and new, it ſuffereth no Corruption in the Wound, nor no evil fleſh to be gendered in it, and it is good for head-ach, and for all manner of Impoſthumes in the head, and for Wind in the Brain, and for Impoſthumes in the body. and for boiling ears and cheeks, and for ſauce flegm in the face, and for Sinews that be

be knit or ſtiff, or ſprung with Travel; it doth draw out a thorn, or iron, in what place ſoever it be, and it is good for the biting or ſtinging of Venemous Beaſts; it rotteth and healeth all manner of Botches without, and it is good for a Feſter, and Canker, and *Noli me tangere*, and it draweth out all manner of aking of the Liver, and of the Spleen, and of the Mervis, and it is good for aking and ſwelling of many Members, and for all Members, and it ceaſeth the Flux of Menſtrua, and of Emeroids, and it is a ſpecial thing to make a fumed cloth to heal all manner of Sores, and it ſearcheth fartheſt inward of any Ointment.

An Ointment for all ſorts of Aches.

Take Bettone, Cammomile, Celendine, Roſemary, and Rue, of each of them a handful, waſh the Herbs, and preſs out the Water, and then chop or ſtamp them very ſmall, and then take freſh Butter unwaſhed and unſalted a quart, and ſeeth it untill half be waſted, and clarified, then ſcum it clean, and put in of Oil Olives one ounce, a piece of Virgins-Wax for to harden the Ointment in the Summer time, and if you make it in the Winter, put into your Ointment a little quantity of Foot-Senne inſtead of the Virgins-Wax.

An excellent Sirrup to purge.

Take of *Scena Alexandrina* one pound, Polipodium of the Oak four ounces, Sarſaparilla two ounces, Damask Prunes four ounces, Ginger ſeven drams, Anniſe-ſeeds one ounce, Cummin-ſeed half an ounce, Carraway-ſeeds half an ounce, Cinnamon ten drams, *Ariſtolchia rotunda*, *Peonia*, of each five drams, Rubarb one ounce, Agarick ſix drams, Tamarisk two handfuls, boil all theſe in a gallon of fair Water unto a pottle, and when the Liquor is boiled half away, ſtrain it forth, and then put in your Rubarb and Agarick in a clean thin handkerchief, and tye it up cloſe, and put it into

into the ſaid Liquor, and then put in two pound of fine Sugar, and boil it to the height of a Sirrup, and take of it the quantity of ſix ſpoonfuls, or more or leſs, as you find it worketh in you.

To make drink for all kind of Surfeits.

Take a quart of *Aqua*, or ſmall *Aqua vitæ*, and put in that a good handful of Cowſlip-flowers, Sage-flowers a good handful, & Roſemary-flowers a handful, ſweet Marjoram a little, Pellitory of the wall a little, Bettony and Balm, of each a pretty handful, Cinnamon half an ounce, Nutmegs a quarter of an ounce, Fennel-ſeed, Anniſe-ſeed, Coriander-ſeed, Carraway-ſeed, Gromwel-ſeed, Juniper-berries, of each a dram, bruiſe your Spices and Seeds, and put them into your *Aqua*, or *Aqua vitæ*, with your herbs together, and put to that three quarters of a pound of very fine Sugar; ſtir them together, and put them in a Glaſs, and let it ſtand nine days in the Sun, and let it be ſtirred every day; it is to be made in *May*, ſteeped in a wide-mouthed Glaſs, and ſtrained out into a narrow mouthed Glaſs.

A Medicine for the Reins of the Back.

Take Houſleek, and ſtamp and ſtrain it, then dip a fine linnen cloth into it, and lay it to the Reins of the Back, and that will heal it.

A Medicine for the Ach in the Back.

Take Egrimony, and Mugwort both leaves and roots, and ſtamp it with old Bores greaſe, and temper it with Honey and Eyſell, and lay it to the Back.

For a Stitch.

Take Roſes, and Cammomil, of each a handful, and oyl of Roſes, and oyl of Cammomil, of both together a Saucer full, and a quantity of Barly flower, boil all theſe together in Milk, and then take a linnen Bag, and put it therein, and lay the Plaiſter as hot as may be ſuffered where the Stitch is.

To

To make a Salve for Wounds that be cankered, and do burn.

Take the juyce of Smallage, of Morrel, of Waberd, of each alike, then take the white of Eggs, and mingle them together, and put thereto a little Wheat-flower, and ſtir them together till it be thick, but let it come near no fire but all cold; let it be laid on raw to the ſore, and it ſhall cleanſe the Wound.

A Medicine for Bone-ach.

Take Brook-lime, and Smallage, and Daiſies, with freſh Sheeps-tallow, and fry them together, and make thereof a Plaiſter, and lay it to the ſore hot.

For Sinews that are ſhrunk.

Take young Swallows out of the Neſt a dozen or ſixteen, and Roſe-mary, Lavender, and rotten Strawberry-leaves, ſtrings and all, of each a handful, after the quantity of the Swallows, the Feathers, Guts and all, bray them in a Mortar, and fry all them together with *May* Butter, not too much; then put it in an Earthen pot, and ſtop it cloſe nine days: then fry it again with *May* Butter, and fry it well, and ſtrain it well, when you ſhall uſe it, chafe it againſt the fire.

A Water for the biting of a mad Dog.

Take Scabios, Matfiline, Yarrow, Nightſhade, wild Sage, the leaves of white Lillies, of each a like quantity, and ſtill them in a common Still, and give the quantity of three or four ſpoonfuls of the Water mingled with half a handful of Triacle, to any man or beaſt that is bitten, within three days after the biting, and for lack of the Water take the juices of theſe Herbs mingled with Triacle, it will keep the ſore from rankling; take Dittany, Egrimony, and ruſty Bacon, and beat them fine together, and lay it unto the wound, and it will keep it from rankling,

Approved Medicine for any one that have an Ague in their Breast.

Take the Patients own water, or any others that is very young, and ſet it on the fire, put therein a good handful of Roſemary, and let it boil; then take two red cloaths, and dip them in the Water, then nip it hard, and lay it on the Breaſt as hot as it may be endured, and apply it till you ſee the Breaſt aſſwaged, then keep it very warm.

To kill a Fellon.

Take red Sage, white Sope, and bruiſe them, and lay it to the Fellon, and that will kill it.

To break a Fellon.

Take the grounds of Ale, and as much Vinegar, the crums of leavened Bread, and a little Honey, and boil them all together till they be thick, and lay that hot to the joint where the Fellon is, and that will heal it.

Doctor Stephens *Sovereign Water.*

Take a gallon of good Gaſcoign-wine, then take Ginger, Galingal, Cancel, Nutmeg, Grains, Cloves, Anniſe-ſeeds, Carraway-ſeeds, of each a dram; then take Sage, Mint, red Roſes, Thyme, Pellitory, Roſemary, wild Thyme, Cammomil, Lavender, of each one handful; then bray both Spices and Herbs, and put them all into the Wine, and let them ſtand for twelve hours, divers times ſtirring them; then ſtill that in a Limbeck, but keep that which you ſtill firſt by it ſelf, for that is the beſt; but the other is good alſo, but not ſo good as the firſt.

The virtues of this Water are theſe: It comforteth the Spirits vital, and helpeth the inward Diſeaſes which come of cold; and the ſhaking of the Palſie; it cureth the contraction of Sinews, and helpeth the conception of Women that be Barren; it killeth worms in the Body; it cureth the cold Cough; it helpeth the Tooth-ach; it comforteth the

the Stomach; it cureth the cold Dropſie; it helpeth the Stone; it cureth ſhortly the ſtinking Breath, and who ſo uſeth this water enough, but not too much, it preſerveh him in good liking, making him young.

Doctor Willoughbies *Water.*

Take Galingal, Cloves, Cubebs, Ginger, Melliſot, Cardamome, Mace, Nutmegs, of each a dram, and of the juice of Celendine half a pint; and mingle all theſe made in powder with the ſaid juice, and with a pint of good *Aqua vitæ*, and three pints of good White wine, and put all theſe together in a Still of Glaſs; and let it ſtand ſo all night, and on the morrow ſtill it with an eaſie fire as may be.

The virtue is of ſecret nature, it diſſolveth the ſwelling of the Lungs without any grievance, and the ſame Lungs being wounded or periſhed, it helpeth and comforteth, and it ſuffereth not the Blood to putrifie; he ſhall never need to be let blood that uſeth this Water, and it ſuffers not the heart to be burnt, nor melancholly or flegm to have dominion above nature, it alſo expelleth the Rheum, and purifieth the ſtomach, it preſerveth the viſage or memory, and deſtroyeth the Palſie, and if this water be given to a man or woman labouring towards death, one ſpoonful relieveth. In the Summer time uſe once a week faſting the quantity of one ſpoonful, and in Winter two ſpoonfuls

A Medicine for them that have a pain, after their child-bed.

Take Tar, and freſh Barrows greaſe, and boil it together, then take Pigeons Dung, and fry it in freſh greaſe, and put it in a bag.

For the drink: Take a pint of Malmſey, and boil it, and put Bay-berries and Sugar in it, the Bay-berries muſt be of the whiteſt, and put therein ſome Sanders.

Take

Take ſome fair water, and ſet it over the fire, and put ſome ground Malt in it, when they uſe theſe things they muſt keep their bed.

For the running of the Reins.

Take *Venice* Turpentine rouled in Sugar and Roſe-water, ſwallow it in pretty roules, and put a piece of Scarlet warm to your back.

For Cods that be ſwollen.

Stamp Rue and lay thereto.

To draw an Arrow head, or other Iron out of a Wound.

Take the juyce of *Valerian*, in the which you ſhall wet a Tent, and put it into the wound, and lay the ſame Herb ſtamped upon it, then your band or binding as appertaineth, and by this means you ſhall draw out the Iron, and after heal the Wound as it requireth.

A Plaiſter for a green Wound.

Take Flower and Milk, and ſeeth them together till it be thick, then take the white of an Egg and beat them together, and lay it to the Wound, and that will keep it from rankling.

For a Lask.

Take an Egg, and *Aqua vitæ*, and boil it with the Egg till it be dry: then take Cinnamon and Sugar and eat with the Egg.

For him that hath a bunch or knot in his head, or that hath his head ſwollen with a fall.

Take one ounce of Bay Salt, raw Honey three ounces, Turpentine two ounces, intermingle all this well upon the fire, then lay it abroad upon a linnen cloth, and thereof make a plaiſter, the which you ſhall lay hot to the head, and it will altogether aſſwage the ſwelling, and heal it perfectly.

Againſt the biting of any venemous Beaſt.

As ſoon as the perſon feeleth himſelf bit with any venemous beaſt, or at leaſt, ſo ſoon as it is poſſible, let him take green leaves of Fig-tree, and preſs the Milk of them three or four times into the wound: And

And for this alſo ſerveth Muſtard-ſeed mingled with Vinegar.

A perfect Remedy for him that is ſore wounded with any Sword or Staff.

Take *Taxas barbatus*, and ſtamp it, and take the juyce of it, and if the Wound bleed, wipe it, and make it clean, waſhing it with White-wine, or Water, then lay the ſaid juices upon the wound, and the herb whereof you take the juyce, upon it, then make your band, and let it abide on a whole day, and you ſhall ſee a wonderful effect.

A Bag to ſmell unto for Melancholy, or cauſe one to ſleep.

Take dry Roſe leaves, keep them cloſe in a glaſs which will keep them ſweet, then take powder of Mints, powder of Cloves in a groſs powder, and put the ſame to the Roſe-leaves, then put all theſe together in a bag, and take that to bed with you, it will cauſe you to ſleep, it is good to ſmell unto at other times.

For ſpitting of Blood.

Take the juice of Bettony tempered with Goats Milk, and drink thereof three or four mornings together.

An Ointment for all Sores, Cuts, Swellings, and Heat.

Take a good quantity of Smallage, and Mallowes, and put thereto two pound of Bores greaſe, one pound of Butter, and oil of Neats-foot a quantity, ſtamp them well together, then fry them, and ſtrain them into an earthen pot, and keep it for your uſe.

A Salve for a New Hurt.

Take the whiteſt Virgins wax you can get, and melt it in a pan, then put in a quantity of Butter and Honey, and ſeeth them together, then ſtrain them into a diſh of fair water, and work it in your Hands, and make it in a round Ball, and ſo keep it, and when you will uſe it, work ſome of it between your Hands, ſtrike it upon a cloth,

and

and lay it upon the Sore, and it will draw and heal it.

Againſt the biting of a Mad Dog, and the Rage or Madneſs that followeth a Man after he is Bitten.

Take the bloſſomes or flowers of wild Thiſles dried in the ſhade, and beaten to powder, give him to drink of that powder in white Wine half a Walnut ſhell full, and in thrice taking it he ſhall be healed.

Againſt ſpitting of Blood by reaſon of ſome Vein broken in the Breaſt.

Take Miſe dung beaten into powder, as much as will lye upon a groat, and put it in half a glaſs full of the juice of Plantane with a little ſugar, and ſo give the Patient to drink thereof in the morning before breakfaſt, and at night before he go to bed, continuing the ſame, it will make him whole and ſound.

For to cleanſe the Head.

Take Pellitory of *Spain*, and chew the roots three days, a good quantity, and it will purge the head, and do away the Ach, and faſten the teeth in the gums.

A good Remedy againſt the Pluriſie.

Open a white loaf in the middle new baked, and ſpread it well with Triacle on both the halfs on the crown ſide, and heat it at the fire, then lay one of the halfs on the place of the diſeaſe, and the other half on the other ſide of the body directly againſt it, and ſo bind them that they looſe not, nor ſtir, leaving them ſo a day and a night, or until the Impoſthume break, which I have ſometimes ſeen in two hours or leſs, then take away the bread, and immediately the Patient will begin to ſpit and void the putrefaction of the Impoſthume, and after he hath ſlept a little, you ſhall give him meat, and with the help of God he ſhall ſhortly heal.

For a Pin, or Web in the Eye.

Take two or three Lice out of ones head, and put them alive into the eye that is grieved and ſo cloſe it up, and moſt aſſuredly the Lice will ſuck out the Web in the eye, and will cure it, and come forth without any hurt.

A Remedy to be uſed in a fit of the Stone when the water ſtops.

Take the freſh ſhells of Snails, the neweſt will look of a reddiſh colour, and are beſt, take out the Snails, and dry the ſhells with a moderate heat in an oven after the bread is drawn, likewiſe take Bees and dry them ſo, and beat them ſeverally into powder, then take twice ſo much of the Bees powder as the Snails, and mix them well together, keep it cloſe covered in a glaſs, and when you uſe it, take as much of this powder as will lie upon a ſixpence, and put it into a quarter of a pint of the diſtilled water of Bean-flowers, and drink it faſting, or upon an empty ſtomach, and eat nor drink nothing, for two or three hours after.

This is good to cauſe the party to make urine, and bring away the gravel or ſtone that cauſeth the ſtopping, and hath done very much good.

A Sirrup for the pain in the Stomach.

Take two good handfuls of young Rue, boil it in a quart of good White-wine Vinegar till it be half conſumed, ſo ſoon as it is through cold, ſtrain it, and put to every pint of the liquor a pound and and a quarter of Loaf-ſugar, and boil it till it come to a Sirrup, when you uſe it, take a good ſpoonful of this in the morning faſting, and eat nor drink nothing for two or three hours after; it is good for pain in the ſtomach that proceeds from windy vapours, and is excellent good for the Lungs and obſtructions of the Breaſt.

Receipts for bruiſes, approved by the Lady of Arundel.

Take black Jet, beat it to powder, and let the

patient drink it every morning in beer till it be well.

Another for the ſame.

Take the ſprigs of Oak-trees, and put them in a paper, roſt them, and break them, and drink as much of the powder as will lye upon a ſixpence every morning, until the Patient be well.

To cauſe eaſie labour.

Take ten or twelve days before her looking, ſix ounces of brown Sugar-candy beaten to powder, a quarter of a pound of Raiſins of the Sun ſtoned, two ounces of Dates unſtoned ſliced, half an ounce of Anniſe-ſeeds bruiſed, a quarter of an ounce of Cowſlip flowers, one dram of Roſemary flowers, put theſe in a fine lawn bag with a flint ſtone, that it may ſink into a pottle of White-wine, let it ſteep 24 hours, and after take of it in the morning, and at four in the afternoon, and in the evening, the quantity of a wine glaſs full.

A Cordial for the Sea.

Take one ounce of Sirrup of Clove-Gilliflowers, one dram of *Confectio Alchermes*, one ounce and a half of Borrage-water, and the like of Mint-water, one ounce of Mr. *Mountford's* water, and as much of Cinnamon water, temper all theſe together in a Cordial, and take a ſpoonful at a time when you are at Sea.

A Plaiſter to ſtrengthen the Back.

Take eight yolks of Eggs new laid, one ounce of Frankincenſe beaten into fine powder, mingle them well together, put in as much Barly flower as will make it thick for a Plaiſter, ſpread it on leather, lay it to the ſmall of the back, letting it lye nine hours, uſe four plaiſters one after another, you muſt ſlit the plaiſter in the midſt, ſo as it may not lye on the back bone.

A preſent Remedy for a Woman with child that hath taken harm by fall, or fright, or any miſchance.

To ſtay the Child, and ſtrengthen it, take one ounce of Pickerel jaws, fine beaten and ſearced, of Dates ſtones, and *Bole armoniack*, of each one ounce, of *Sanguis Draconis*, half an ounce, give of theſe, being well ſearced and mingled together, a French Crown weight in Muſk dine or Malmſey, and let the woman keep her very warm.

For a weak Back.

Take of red Lead half a pound, of white Lead half a pound, boil theſe in three pints of Sallade oil in a pipkin, ſtirring them continually with a piece of Iron, until it be of a grey colour, then roul it up in roules, and keep it for your uſe.

Oil of Saint Johns *Wort.*

Take a quart of Sallade oil, put thereto a quart of the flowers of St. *Johns* Wort well picked, let them lye therein all the year till the Seeds be ripe, the glaſs muſt be kept warm, either in the Sun or in water all the Summer until the ſeeds be ripe, then put in a quarter of St. *Johns* Wort ſeeds whole, and ſo let it ſtand twelve hours, then you muſt ſeeth the oil eight hours, the glaſs being kept open, and the water in the pot full as high as the oil is of height in the glaſs; then when it is cold ſtrain it, that the ſeeds may not remain in the oil, and then put up the oil for your uſe.

A green Salve for an old Sore.

Take a handful of Groundſel, as much Houſleek, of Marigold leaves a handful, pick and wipe theſe Herbs clean, but waſh them not, then beat all theſe Herbs in a wooden bowl as ſmall as is poſſible, then ſtrain out all the juice, and put in a quantity of Hogs greaſe, as much as two Eggs, beat all theſe together again, then put in the juice again, and put in ten Eggs, yolks and whites, five ſpoonfuls of Engliſh Honey, and as much Wheat flower as

will make all this as thick as a ſalve, and ſo ſtir it very well together, and put it cloſe up in a pot that it take no air, and ſo keep it for your uſe.

A moſt excellent Powder for the Cholick and Stone.

You muſt take it morning and evening before you go to bed, *Sperma Cæti* one ounce and half, Cloves and Mace one quarter of an ounce, Anniſeſeeds, and *Per ſtone*, of each two ounces, Cinnamon, and ſmall Pepper, of each one quarter of an ounce, Date-ſtones a quarter of an ounce, Liquorice, Fennel, red Sage, Bay-berries, of each three quarters of an ounce, Acorns one quarter and half of an ounce, Lilly roots two drams, the white of Oyſter ſhells burned in the fire, one quarter of an ounce; beat all theſe into fine powder, and drink as much thereof in Ale or Beer as will lie on a ſixpence, and faſt one hour or two after it: If the party be ſore grieved take one handful of Parſly, and ſeeth it in Ale until half be ſod away, with twenty or thirty Prunes therein ſtrained, and put thereto two ſpoonfuls of this powder, and drink it mornings and evenings, ſomewhat warm.

A preſent Remedy for the running of the Reins.

Take an ounce of Nutmegs, half an ounce of Maſtick, then ſlice the Nutmegs, and put them in ſteep in Roſe Vinegar all one night, then lay them in a diſh to dry before the fire, then take the Maſtick and lay it in Papers, and beat it with a hammer very ſmall, and put a little Corral well beaten unto it, and as much Ambergriece, then mingle theſe things together with Sugar, and make it pleaſant to eat, and ſo take a good quantity morning and evening.

A Salve for a green Wound.

Take two handfuls of Water-dittany, two handfuls of Roſemary ſhred very ſmall, a quarter of a pint of Turpentine, half a pound of yellow Wax, a quart of Sallade oil, half a pint of White-wine, boil

boil all theſe together while the White-wine be quite conſumed, then it will be green and come to the height of a Salve.

Aproved Medicine for a burning or ſcalding, by lightning or otherwiſe.

Take Hogs greaſe, or Sheeps treacles, and Alehoof, beat theſe very well together, then take more Hogs greaſe, and boil it to a Salve.

To uſe it.

Anoint the place grieved with this Ointment, and then lay upon the ſore ſo anointed Colewart leaves, which muſt be boiled very ſoft in water, and the ſtrings made ſmooth with beating them with a Peſtle.

A Powder for the green Sickneſs, approved with very good ſucceſs upon many.

Take of Cloves, Mace, Nutmegs, of each one quarter of an ounce, beat them ſeverally, and then altogether very well, fine ſugar very ſmall beaten one quarter of a pound, and then mix and beat them all four together; Pearl the ſixth part of half an ounce finely beaten, mingle it with the reſt, and beat them all together again, the filing of Steel or Iron an ounce and a quarter, ſift it very fine, and mingle it with the reſt, but if ſo ſmall a quantity will not ſerve, add a quarter more of the metal, let it be ſifted before you weigh it, but if all this will not ſerve the turn, put in a little Rubarb, or a little Aloe-ſuccarrina.

The Manner of uſing this Powder.

In the morning when you riſe take half a ſpoonful of it, as much at four a clock in the afternoon, and as much, when you go to bed, walk or ſtir much after the firſt taking of it, I mean every morning and evening, faſt one hour after the taking of it, or more, and then eat ſome Sugarſops or thin Broth.

The Patients Diet.

She muſt forbear Oatmeal in broth or any other thing, Cheeſe, Eggs, Cuſtards, or any ſtopping Meat, take care that this be not given to any Woman that hath conceived or is with Child.

A Drink to ſtanch Blood Inwardly.

Take the Juyce of one handful of Shepheards purſe, of Parſley, and Five-finger, of each as much, take five ſlips of Egrimony, ſtrain all theſe juyces into the Milk of a red Cow, and drink thereof early and late warm.

A Powder to keep the Teeth clean, and from Worm-eaten.

Take Roſemary burned to Aſhes, Cuttles-bone, Harts-horn burned to powder, *Sal gemmæ*, twelve penny weight, the flowers of Pomegranates, white Coral, of each a ſix-penny weight, make all theſe in powder, and with a little Roſe-water, and a Sage Leaf, rub the Teeth.

A Salve to Heal all manner of Sores and Cuts.

Take one pint of Turpentine, one pint of oil Olive, a quarter of a pint of running Water, nine branches of Roſemary, one ounce of unwrought Wax, two ounces of Roſat, ſeeth all theſe together in a little pan over the Fire, let it ſeeth until there ariſe a little white ſcum upon it, then ſtir it with a ſtick, ſuffering it to boil until one quarter be conſumed, then take it from the Fire, ſtrain it through a courſe cloth, but it muſt be done quickly after it be taken from the fire for cooling, after you have ſtrained it into an earthen pot, let it cool, and keep it for your uſe.

To make Oil of Sage, good for the Grief in any Joynt, or for any Ach.

Take Sage and Parſly, ſeeth them in the oil Olive, till it be thick and green.

A Medicine to Purge and Amend the Heart, Stomach, Spleen, Liver, Lungs, and Brain.

Take Alexander, Water-creſſes, your Mallows, Bor-

Borrage, and Fennel Roots pared, Mercury, Hartstongue, and Clare, and make of theſe Pottage.

To drive infectious Diſeaſes from the Heart.

Take Mithridate, and Century, of each two ounces, eight ſpoonfuls of Dragon Water, one pint of white Wine, ſeven ſpoonfuls of *Aqua vitæ*, boil all together a little, ſtrain it, then ſet it on the Fire again a little while, and drink of it morning and evening.

For the Tooth-ach.

Take Pepper and Grains, of each one ounce, bruiſe them, and compound them with the water of the diſeaſed, and make it of a good thickneſs, and lay it outward on the Cheek againſt the place grieved, and it will help it for ever after.

Another.

Take dryed Sage, make powder of it, burnt Allum, Bay Salt dryed, make all in fine powder, and lay it to the Tooth where the pain is, and alſo rub the Gums with it.

For the Strangullion or the Stone.

Take the inner rind of a Young Aſh, between two or three Years of Growth, dry it to powder, and drink of it as much at once, as will lie on a Sixpence in Ale or white Wine, and it will bring preſent Remedy: The Party muſt be kept Warm two hours after it.

For the Stone.

Take the Stone that groweth within the gall of an Ox, grate it, and drink of it in white Wine, as much as will lie upon a Sixpence at once, for want of white Wine make a Poſſet of Ale, and clarifie the Ale from the Curd, then boil one handful of Pellitory therein, and drink of the powder with it.

For the Black-Jaundies.

Take Earth Worms, waſh them in white Wine, then dry them, and beat them into powder, and put to a little Saffron, and drink it in Beer.

A drawing Salve for an old Sore.

Take Roſin half a pound beaten to powder, Sheeps Tallow a quarter of a pound, melt them together, and pour them into a Baſon of Water, and when they begin to cool a little, work them well with your Hands in the Water, and out of the Water, drawing it up and down the ſpace of one hour till it be very white, then make it up in Rouls, and reſerve it, to ſtrike thin Plaiſter upon old Sores.

A Water to Waſh Sores withal.

Take Wormwood, Sage, Plantain Leaves, of each one Handful, Allum two ounces, Hony two Saucers full, boil all theſe together in three pints of Water till half be conſumed, then ſtrain it, and reſerve that Liquor to waſh the Sore withal.

A Medicine to Cure the Garget in the Throat.

Take a pint of May Butter, and put it on the Fire in a Poſnet, and put into it of the inner bark of Elder one good handful, and ſome Daiſie Roots, ſeeth it to half the Quantity, and ſtrain it, and ſo keep it cool; take this Ointment and Anoint your Throat, then take the Ointment, and ſtrike a long Plaiſter with it very thick of the Ointment, then ſtrike upon the Ointment the beſt Jane Triacle, and upon that ſtrew groſſe Pepper very thick, ſtrike it on with a Knife, Warm the Plaiſter, and bind it round your Throat to your Ears, renew it once a Day with the Ointment, and the Triacle, and Pepper, and lay it on again, before you uſe this Ointment, ſcour your Mouth and Throat with the powder of Roch Allum burned, mix it with the powder of Madder or Pepper.

For the Hearing.

Take an Onion, take the Core out of it, fill it with Pepper, ſlice it in the midſt, being firſt wrapt in Paper and roaſted in the Embers, lay it to each Ear.

For

For a Dead Child in a Womans Body.

Take the juyce of Hyſop, temper it in Warm Water, and give it the Woman to Drink.

For a Woman that hath her Flowers too much.

Take a Hares Foot and burn it, make powder of it, and let her drink it with ſtale Ale.

A Medicine for the Gout.

Take Tetberry Roots, waſh and ſcrape them Clean, and ſlice them Thin, then take the Greaſe of a Barrow Hog, the Quantity of either alike, then take an earthen pot, then lay a lain of Greaſe in the bottom, then a lain of Roots, then the Greaſe again, and ſo Roots and Greaſe till the pot be full, then ſtop the pot very cloſe, and ſet it in a Dunghil one and Twenty Days, then beat it altogether in a boul, then boil it a good while, then ſtrain it, and put in a penni-worth of *Aqua vitæ*, then Anoint the Place grieved very Warm againſt the Fire.

A Diet Drink for the running Gout, ach in the Joynts, and for all Infections.

Set ſeven quarts of Water on the Fire, and when it boileth put therein four ounces of *Sarſaparilla* bruiſed, and let it boil two hours very ſoftly, cloſe ſtopped or covered, then put in four ounces of Sene, three ounces of Liquorice bruiſed, of *Stæcados Hermodactil, Epithymum*, and of Cammomil flowers, of every one half an ounce, and ſo boil all theſe two hours very ſoftly, then ſtrain it, and keep it in a cloſe Veſſel cloſe ſtopped, when it is cold, then boil again all the aforeſaid Ingredients in ſeven quarts of Water four hours, with a ſoft Fire cloſe covered; then ſtrain it and keep it as the other by it ſelf, and take of the firſt a good draught one hour before you ariſe in the morning, and a draught at the beginning of Dinner, and another at Supper, and going to Bed, and at all other times; drink of the latter when you liſt, and Eat no Meat but dry roaſted Mutton, Capon,

Rab-

Rabbot, without Salt, and not baſted, but to your Breakfaſt, a poached Egg, no Bread but Biſket, or dryed Cruſt, and at night Raiſins of the Sun, and Biſket-bread; drink no other Drink but this.

A Plaiſter to Heal any Sore.

Take of Sage, Herb-grace, of each a like quantity, Ribwort, Plaintain, and Daiſie Roots, more than half ſo much of each of them, with Wax, freſh Greaſe, and Roſin make it a Salve; if the Fleſh grow proud, then put always upon the Plaiſter before you lay it to the Sore, burnt Allum, and it will correct the Fleſh.

To cauſe a Woman to have her Sickneſs.

Take Egrimony, Mother wort, Avens and Parſley, ſhred them ſmall with Oatmeal; make Pottage of them with Pork; let her eat the Pottage, but not the Pork.

For the Stone.

Take the green Weed of the Sea, which is brought with Oiſters, waſh it, and dry it to powder, Drink it with Malmſey Faſting.

To Kill Worms.

Take Aloe ſuccatrina two ounces, let it ſtand in a quart of Malmſey eight hours; drink it morning and evening.

For a Hot Rheum in the Head.

Take Roſe-water, Vinegar, and Sallade-oil, mix them well together, and lay it to the Head Warm.

For a Lask.

Take the nether Jaw of a Pike, beat it to powder and drink it.

For an Itch or any Scurf of the Body

Take Elecampane-roots, or Leaves, ſtamp them; and fry them with freſh Greaſe, ſtrain it into a diſh, and Anoint the Patient.

For one that is bruiſed with a Fall.

Take Horſe-dung, and Sheeps ſuet, boil them together, and apply it to the ſame place, being laid upon a cloth.

For

For the Emerhoides.

Take Hops and Vinegar, fry them together, and put it into a little bag, and lay it as Hot as may be endured to the Fundament, divers bags one after another, and let one continue at it.

For one that is burned with Gunpowder, or otherwiſe.

Take one handful of Groundſel, twelve heads of Houſleek, one pint of Gooſe-dung, as much Chickens-dung, of the neweſt that may be gotten, ſtamp the Herbs as ſmall as you can, then put the dung into a Mortar, temper them together with a pottle of Bores-greaſe, labour them together half an hour, and ſtrain it through a Canvas bag with a cleft ſtick into an earthen pan, and uſe it when need requireth, it will laſt two Year.

To Heal a Prick with a Nail or Thorn.

Take two handfuls of Celendine, as much Orpen, cut it ſmall, and boil it with Oil-olive, and unwrought Wax, then ſtrain it, and uſe it.

To ſtop the Bleeding of a Cut or Wound.

Take Hop, ſtamp it, and put it into the Wound, if Hop will not do it, then put to it Vinegar with the Hop.

For a Scald.

Take the Leaves of ground Ivie, three handfuls, Houſleek one handful, waſh them and ſtamp them in a ſtone Mortar very ſmall, and as you ſtamp them, put in a pint of Cream by little and little; then ſtrain it, and put it in a pot with a Feather, take of this and Anoint the ſcalded place, and then wet a Linnen cloth in the ſame Ointment; and lay it on the place; and over that two other Cloths.

An Ointment for a Tetter.

Take *Salarmoniack* one ounce, beat it into fine powder, then mix it with Sope and freſh Greaſe, of each two ounces; make an Ointment and Anoint the Place.

For

For the Singing in the Head.

Take one Onion, cut out the core, and fill that place with the pouder of Cummin, and the juice of Rue, ſet on the top again, and roaſt the Onion in embers; then put away the outſide, and put it in a cloth, wring out the juice; take black Wool and dip it in, put this into thine ear where the ſinging is, and if it be on both ſides, then ſerve one after another.

A Drink for one that is Weak, and miſdoubting a Conſumption.

Take three handfuls of Roſemary, bruiſe it a little, and cloſe it in paſte, bake it in an Oven until it be well dryed, then cut the paſte and take forth the Roſemary: infuſe it in two quarts of Claret-wine, with two ounces of good Triacle, one ounce of Nutmegs, of Cinnamon, and Ginger, of each half an ounce bruiſed; let them ſtand infuſed two nights and one day, then diſtil it in a Limbeck; drink hereof one ſpoonful or two next your heart.

A Drink for the Plague.

Take red Sage, Herb-grace, Elder-leaves, red Briar-leaves, of each one handful, ſtamp them and ſtrain them with a quart of White-wine, and then put to it *Aqua vitæ* and Ginger; drink hereof every morning one ſpoonful nine mornings together, and it will preſerve you.

For a Bruiſe or Stitch.

Take the Kernels of Walnuts, and ſmall Nuts, Figs, Rue, of each one handful, white Salt the quantity of one Walnut, one race of Ginger, one ſpoonful of Hony; beat them all together very fine, and eat of it three or four times every Day; make a Plaiſter of it, and lay it to the place grieved.

A Drink for one that hath a Rupture.

Take Comfrey one good handful, wild Daiſie-roots as much, and the like of knotted Graſs; ſtamp all theſe together, and ſtrain it with Malm-

ſey,

ſey, and give it to the Patient to drink morning and evening, nine days blood-warm. If it be a Man that hath been long ſo, he muſt lye nine days upon his back, and ſtir as little as he can. If he be a Child, he muſt be kept ſo much lying as you may for nine days; if you think the drink too ſtrong for the Child, give it him but five days in Malmſey, and the reſt in ſtale Ale; have a care that the party have a good Truſs, and keep him truſſed one whole year at the leaſt.

Againſt the Grief in the Lungs, and Spitting of Blood.

Take the Herb called of the Apothecary *Ungula Caballina*, in Engliſh, Colts-foot, incorporated well with the lard of a Hog chopped, and a new laid Egg, Boil it together in a Pan, and give it to the Patient to eat; doing this nine mornings, you ſhall ſee a marvellous thing; this is alſo good to make a Man Fat.

A Plaiſter for a Rupture.

Take the juyce of Comfrey, wild Daiſie-roots, and knotted Graſs, of each a like quantity, freſh Butter, and unwrought Wax, of each a like quantity, clariſie them ſeverally, then take of the roots of Comfrey, dry it and make pouder of it; take the powder of Anniſe-ſeed, and Cummin-ſeed, but twice as much Cummin-ſeed as Anniſe-ſeed; boil theſe pouders in the Butter, and unwrought Wax on a ſoft fire a good while, then put in your juyce, let it boil a walm or two, ſo take it from the fire, ſtir it all together till it be cold; take hereof and ſpread it, and lay it to his Cods as hot as he can ſuffer it, and uſe this till he be whole; this plaiſter is moſt excellent for a Child that is burſt at the Navil.

GRATIOSA CURA.

A Water for a Cut or Sore.

Take Honeyſuckles the knots ript off, flowers of Celendine, flowers of red Sage, of each three ſpoonfuls, Five-finger, Comfrey ſuch as is to knit bones, Daiſies with the roots thereon, Ladder of Heaven,

bloſſoms of Roſemary, Setwel, Herb-grace, Smallage, red Roſes with the knots on, or elſe red Roſe-cakes, Adders-tongue, of each of theſe one handful; ſeeth all together in ſix gallons of Water that runneth towards the Eaſt, until two gallons be ſod in; then ſtrain them, and put to the water three quarts of *Engliſh* Honey, one pound of Roach-Allum, one penniworth of Madder, one penniworth of long Pepper, ſeeth all together until one gallon be conſumed; then cleanſe the Water.

For the Wind-Collick.

Take the flowers of Walnuts, and dry them to powder, and take of them in your Ale, or Beer, or in your Broth as you like beſt, and it will help you.

To make a ſoveraign Oil of a Fox, for the numned Palſie.

Take a Fox new killed, caſed, and bowelled, then put into the body, of Dill, Mugwort, Cammomil, Campits, Southernwood, red Sage, Origanum, Hop, *Stœcad*, Roſemary, Coſtmary, Cowſlp-flowers, Balm, Bettony, ſweet Marjoram, of each a good handful, chop them ſmall, and put thereto of the beſt Oil of Caſtor, Dill, and Cammomil, of each four ounces: mix the Hearbs and Oils together, and ſtrow over them *Aphronitum* a good handful; put them all into the Fox, and ſew up his belly cloſe, and with a quick fire roſt him, and the Oil that droppeth out is a moſt ſingular Oil for all Palſies or numneſs. Approved.

To comfort the Brain, and procure Sleep.

Take brown bread crums, the quantity of one Walnut, one Nutmeg beaten to powder, one dram of Cinnamon; put theſe into a Napkin, with two ſpoonfuls of Vinegar, four Spoonfuls of Roſe-water, and one of Womans Milk.

For the weakneſs in the Back.

Take the pith of an Ox back, put it into a pottle of Water; then ſeeth it to a quart, then take a handful of Comfrey, one handful of knotted graſs, one hand-

handful of Sheepherds Purſe; put theſe into a quart of Water; boil them unto a pint, with ſix Dates boiled therein.

For a Canker in any part of the Body.

Take Filberd, Nut-leaves, Lavender Cotton, Southerwood, Worm-wood, Sage, Woodbine-leaves, Sweet Bryar-leaves, of each a like Quantity, of Allum and Hony a good Quantity; ſeethall theſe till they be half ſodden, waſh the Sore with it.

For an Old Bruiſe.

Take one ſpoonful of the juyce of Tanſie, and as much Nip, two Pennyworth of *Sperma Ceti*; put it into a little Ale, and drink it.

Oil of Foxes, or Badgers, for Ach in the Joynts, the Sciatica, Diſeaſes of the Sinews, and Pains of the Reins and Back.

Take a Live Fox or Badger, of a middle Age, of a full Body, well Fed, and Fat, Kill him, Bowel and Skin him; ſome take not out his Bowels, but only his Excrements in his Guts, becauſe his Guts have much Greaſe about them; Break his Bones ſmall, that you may have all the Marrow; this done, ſet him a boiling in Salt Brine, and Sea-water, and Salt-water of each a pint and half; of Oil three pints, of Salt three ounces; in the end of the Decoction put thereto the Leaves of Sage, Roſemary, Dill, Organy, Marjoram, and Juniper-berries: And when he is ſo ſodden that his Bones and Fleſh do part in ſunder, ſtrain all through a ſtrainer, and keep it in a Veſſel to make Lineaments for the Ach in the joynts, the Sciatica, Diſeaſes of the Sinews, and Pains of the Reins and Back.

To make the Leaden Plaiſter.

Take two pound and four ounces of oil Olive of the beſt, of good red Lead one pound, white Lead one pound well beaten to Duſt, twelve ounces of Spaniſh Sope: And incorporate all theſe well together in an Earthen pot well

glazed before you put them to boil, and when they are well incorporated that the Sope cometh upward, put it upon a ſmall Fire of Coals, continuing the Fire for the ſpace of one hour and a half, ſtill ſtirring it with an Iron-ball upon the end of a Stick; then make the Fire ſomewhat bigger, until the redneſs be turned into a gray Colour, but you muſt not leave ſtirring till the matter be turned into the colour of Oil, or ſomewhat darker, then drop of it upon a Wooden Trencher, and if it cleave not to the Finger it is enough, then make it up into Rouls, it will keep Twenty Years, the older the better.

The Virtue of the Plaiſter.

The ſame being laid upon the Stomach, provoketh Appetite, it taketh away any Grief in the Stomach, being laid on the Belly is a preſent Remedy for the Cholick, and laid unto the Reins of the Back; it is good for the Bloody Flux, running of the Reins, the heat of the Kidneys, and weakneſs of the Back; the ſame healeth all Swellings, Bruiſes, and taketh away Ach; it breaks Felons, Puſhes, and other Impoſthumes, and healeth them; the ſame draweth out any running Humour, without breaking the Skin, and being applyed to the Fundament, it Healeth any Diſeaſe there Growing; being laid on the Head is good for the Uvula, it helpeth the Head-ach, and is good for the Eyes.

For a Pricking of a Thorn.

Take fine Wheat-flower boulted Temper it with Wine, and ſeeth it thick, lay it hot to the Sore.

A Medicine for the Plague.

Take a pint of Malmſey, and burn it well, then take about ſix ſpoonfuls thereof, and put to the quantity of a Nutmeg of good Treacle, and ſo much Spice Grains beaten as you can take up with the tops of your two Fingers; mix it together, and

let

let the Party Sick drink it Blood-warm; if he be infected it will procure him to caſt, which if he do, give him as much more, and ſo ſtill again and again, obſerving ſtill ſome Quantity till the Party leave caſting, and ſo after he will be well, if he caſt not at all, once taking it is enough, and probably it is not the Sickneſs, after the Party hath let caſting, it is good to take a competent draught of burnt Malmſie alone with Treacle and Grains; it will Comfort much.

Another Medicine for the Plague.

Take of Setwel grated one Root, of Jane Triacle two ſpoonfuls, of Wine Vinegar Three ſpoonfuls, of fair Water three ſpoonfuls, make all theſe more than Luke-warm, and drink them off at once well ſteeped together, Sweat after this ſix or ſeven hours, and it will bring forth the Plague-ſore.

To break the Plague Sore.

Lay a roaſted Onion, all ſeeth a white Lilly-root in Milk, till it be as thick as a Poultes, and lay it to the ſame, if theſe fail, launce the Sore, and ſo draw it and heal it with Salves for Botches or Biles.

To make a Salve to Dreſs any Wound.

Take Roſin and Wax, of each half a Pound, of Deer Suet, and Frankincenſe, of each one quarter of a pound; of Maſtick in powder one ounce; boil all theſe in a pint of White-wine half an hour with a ſoft Fire, and ſtir it in the boiling that it run not over; then take it from the Fire, and put thereto half an ounce of Camphire in powder, when it is almoſt cold, put thereto one quarter of a pound of Turpentine; after all theſe be mingled together, then put it into the White-wine, and waſh it as you waſh Butter, and then as it cools make it up in Rouls.

A moſt Excellent Water for Sore Eyes.

Take a quart of Spring-water, ſet it upon the Fire in an Earthen Pipkin; then put into it three ſpoo-

ſpoonfuls of white Salt, and one ſpoonful of white Coperas, then boil them a quarter of an hour, ſcum it as it doth boil; then ſtrain it through a fine Linnen Cloath, and keep it for your uſe.

When you take it you muſt lye down upon the Bed, and drop two drops of it into your Eye, ſo reſt one quarter of an hour, nor wiping your Eyes, and uſe it as often as need ſhall require.

If the Eye have any Pearl or Film growing upon it; then take a handful of red double Daiſie-leaves, and ſtamp them, and ſtrain them through a linnen cloath, and drop thereof one drop into your Eye, uſing it three times

A Plaiſter for one that is bruiſed.

Take half a pint of Sallade Oil, or Neats-foot-Oil, half a pint of Engliſh Hony, two or three penny-worth of Turpentine, a good quantity of Hogs greaſe, two or three penny-worth of *Bole Armoniack*, half a pint of ſtrong Wine Vinegar, half a dozen of Egſhels, and all beaten very ſmall, one handful of white Salt; put all theſe toge her into an Earthen pot, ſtir and mingle them toge:her exceeding well, then as much Bean-flower, or Wheat-flower, as will thicken it plaiſterwiſe; then with your hand ſtrike it on the grieved place once a Day, and by Gods help it will eaſe any ſore that cometh by means of ſtriking, wrinching, bruiſing, or o her kind of ſwelling that proceedeth of evil Humours.

Balm-water for a Surfeit.

Take two gallons of ſtrong Ale, and one quart of Sack; take four pound of young Balm-leaves, and ſhred them; then take one pound of Anniſeſeeds, and as much Liquorice beaten to powder; put them all into the Ale and Sack to ſteep twelve hours; put it into a Limbeck, and ſo ſtill it; it is good for a Surfeit of choller, for to Comfort the heart, and for an Ague.

A Reſtorative Water in ſickneſs, the Patient being weak.

Take three pints of very good new Milk, and put thereto one pint of very good red Wine, the yolks of twenty one Egs, and beat them together, that done, put in as much fine Manchet as ſhall ſuck up the Milk and Wine; then put the ſame into a fair Stillatory, and ſtill it with a ſoaking fire: and take a ſpoonful of this Water in your Pottage or Drink, and this in one or two months will prevent the Conſumption.

To make a Caudle to prevent the Lask.

Take half a pound of unblanched Almonds, ſtamp them, and ſtrain it into a quart of Ale, and ſet it on the fire; then take the yolks of four Eggs, and make it for a Caudle, and ſo ſeaſon it with a good quantity of Cinnamon and Sugar, and eat it every morning at breakfaſt.

For one that cannot make water, and to break the Stone.

Pare a Raddiſh root, and ſlice it then, and put it into a pint of White-wine, and let it infuſe ſix or ſeven hours, then ſtrain it, and ſet it on the fire; and put thereto one Parſley root, and one ſpoonful of Parſley ſeed, and half a handful of Pellitory of the wall, and ſeeth it until half be waſted, and give it luke-warm to drink.

The Diet againſt Melancholly.

Take Sene eight ounces, Rubarb ſix drams, Polipody of the Oak, *Sarſaparilla*, and Madder roots, of each four ounces, Anniſe-ſeeds, Fennel-ſeeds, *Epithymum*, of each one ounce, Mace, Cloves, and Nutmegs, of each two ounces, Egrimony, Scabios, and red Dock roots of each one handful, make them all ſmall, and put it into a long narrow bag or boulter, hang it in a veſſel of Ale that containeth ſix gallons, when it is a week old, drink it morning and evening for the ſpace of one fortnight, keep you all that time warm, and a good diet.

A Sirrup to open the Liver.

Take Lungwort, Maidenhair, Egrymony, Scabios, of each one handful, Champiris, Hyſop of each a dozen Crops, Endive, and Succory, of each three or four leaves, of young Fennel and Parſley, of each one root, one ſtick of Liquorice, one ſpoonful of Barberries clean waſhed, one ſpoonful of Aniſeſeeds, twenty Raiſins of the Sun ſtoned; boil all theſe in a pottle of water to a quart, then ſtrain it, and put thereto of the beſt Sugar one quarter of a pound, Conſerve of Violets one ounce, and ſo boil it as long as any ſcum ariſeth, then ſtrain it again, and uſe this very warm.

For one that cannot make water.

Take the ſeeds of parſly, of red Fennel, of Saxifrage, of Carraways, of the kernel of Hip-berries, of each a like quantity, put in ſome pouder of Jet, mingle theſe, being beaten to pouder, well together, and drink it in ſtale Ale luke-warm.

To make Aqua Compoſita.

Take of Aniſe ſeeds and Liquorice bruiſed, of each half a pound, Thyme, and Fennel, of each half a handful, Calamint two handfuls, Coriander, and Carraway ſeeds bruiſed of each two ounces, Roſemary, and Sage of each half a handful, infuſe theſe a whole night in three gallons of red Wine, or ſtrong Ale, then ſtill it in a Limbeck with a ſoft fire.

An Ointment for a Swelling.

Take of Marſh Mallowes, of Wormwood, of Smallage, of each one handful, boil it with one pound of the greaſe of a Barrow Hog, until it be very green, then ſtrain it and keep it very cloſe. Lady *Pawlet.*

A Plaiſter for the Back.

Take half a pint of Oil of Roſes, four ounces of white Lead ground into fine powder, put your

Oil

Oil into a clean Poſnet, and ſet it on the fire, and when it is warm, put in your white Lead, ever ſtirring it, then put into it of your Wax one quarter, ſtir it until it be black, then take it from the fire, and in the cooling put thereto two penniworth of Camphire, of white Sanders, and yellow Sanders, of each the weight of four pence, fine *Bole*, and *Terra ſigillata*, of each two penny weight, in fine powder all, ſtill ſtirring it till it be almoſt cold, and ſo make it up in rouls: uſe it as need requires for all weakneſs, waſting, or heat in the Kidneys. *Craniſh.*

To make Oyl of Swallows.

Take one handful of Mother Thyme, of Lavender-cotton, and Strawberry-leaves, of each alike, four Swallows, feathers and all together well bruiſed, three ounces of Sallade Oil, beat the Herbs and the Swallows, feathers, and all together, until they be ſo ſmall that you can ſee no feathers, then put in the Oil, and ſtir them well together, and ſeeth them in a poſnet, and ſtrain them through a canvas cloth, and ſo keep it for your uſe.

For a Thorn, Fellon, or Prick.

Take the juyce of Fetherfew, of Smallage, of each one ſaucer full, put to it as much of Wheat-flower, as will make it ſomewhat thick, and put to it of good black Sope the quantity of a Walnut, mingle them together, and lay them to the Sore.

A Drink for one that hath a Rupture.

Take the Comfit, otherwiſe called Boneſel, a pretty handful, of Woodbitten as much, Bread, Plantain, and leaves of Cammock, ſomewhat more than a handful, of Vervin as much as of the Cammock, of Daiſie roots a ſmall quantity, of Elder tops, or young buds, the leaſt quantity, ſtamp all theſe together and put unto them, being ſtamped, one pint of pure White-wine, then ſtrain it and drink of it morning and evening, one hour or more before

before Breakfaſt or Supper, a good draught blood-warm.

If it be a ſucking Child, let the Nurſe drink poſſetale of the aforeſaid drink, and let the Child ſuck immediately; if he be an old body let him take it lying in his bed nine days, if it may be conveniently, or otherwiſe to uſe no ſtraining.

For a Lask or Flux.

Take one quart of red Wine, as much running water, one ounce of Cinnamon, ſeeth theſe half away, and give the patient ſix ſpoonfuls to drink morning and evening, if you think it to be too harſh put in a piece of Sugar.

A Lotion Water for the Canker.

Take one gallon of pure Water, four handfuls of Woodbine, of Marigolds, and Tetſul, of each two handfuls, of Celendine, Rue, Sage, and Egrimony, of each one handful, boil all theſe to a quart, then ſtrain it, and put thereto two great ſpoonfuls of the beſt Engliſh Honey, and one ounch of Roch-Allum, boil them all again as long as any ſcum ariſeth, then take it off, and put it in a cloſe bottle, and uſe it blood-warm when need requireth.

For the Mother.

Take three or four handfuls of Ferne that groweth upon a houſe, ſeeth it in Reniſh Wine till it be well ſodden, then put it in a linnen cloth, and lay it to her Navel, as hot as ſhe may ſuffer it, four or five times.

A Water for all old Sores.

Take Honeyſuckles, Water Bettany, Roſemary, Sage, Violet leaves, Elder leaves, cut them all ſmall together, and ſeeth them in a quart of running water, put thereto two ſpoonfuls of Honey, and a little Allum.

For one that hath a great heat in his Temples, or that cannot ſleep.

Take the juyce of Houſleek, and of Lettice of each

each one ſpoonful, of womans Milk ſix ſpoonfuls, put them together, and ſet them upon a Chafing-diſh of coals, and put thereto a piece of Roſe-cake, and lay it to your Temples.

To quench or ſlack your thirſt.

Take one quart of running water out of the brook, ſeeth it, and ſcum it, put thereto five or ſix ſpoonfuls of Vinegar, a good quantity of Sugar and Cinnamon, three or four Cloves bruiſed, drink it luke-warm.

For one that hath a great heat in his hands and ſtomack.

Take four Eggs, roaſt them hard, peel them, lay them in Vinegar three or four hours, then let the ſick man hold in either hand one of them, and after ſome ſpace change them and take the other, and it will allay the heat.

Againſt all Aches eſpecially of a Womans breaſt.

Take Milk, and Roſe-leaves, and ſet them on the fire, and put thereto Oatmeal, and Oyl of Roſes, boil them till they be thick, and lay it hot under the ſore, and renew it ſo till it be always hot.

For the Ptiſick and dry Cough.

Take the Lungs of a Fox, beat them to powder, take of Liquorice and Sugar-candy a good quantity, a ſmall quantity of Cummin, mix theſe all well together, and put them in a bladder; and eat of it as often as you think good in a day.

To take away Warts.

Take Snails that have ſhells, prick them, and with the juyce that cometh from them, rub the Wart every day for the ſpace of ſeven or eight days, and it will deſtroy them.

A perfect water for the ſight.

Take Sage, Fennel, Vervin Bettony, Eyebright, Pimpernel, Cinquefoil, and Herb-grace, lay all theſe in White-wine one night, ſtill it in a ſtillatory of glaſs: this Water did reſtore the ſight of one that was blind three years before.

To

To reſtore the hearing.

Take Rue, Roſemary, Sage, Vervin, Marjoram, of each one handful, of Cammomil two handfuls, ſtamp them, and mould them in Rye dough, make thereof one loaf, bake it as other bread, and when it is baked break it in the midſt, and as hot as may be ſuffered bind it to your Ears, and keep them warm and cloſe one day or more, after it be taken away, forbear ye to take cold.

For a Felon in the Joints.

Take Rue, Featherfew, Bores greaſe, Leaven-Salt, Honey, ſix leaves of Sage, ſhred them altogether ſmall, then beat them together, and lay it to the ſore place.

To comfort the Brains, and to procure ſleep.

Take a red Roſe-cake, three ſpoonfuls of White-wine Vinegar, the white of one Egg, three ſpoonfuls of womans Milk, ſet all theſe on a Chafin-diſh of coals, heat them, and lay the Roſe-cake upon the diſh, and let them heat together, then take one Nutmeg, and ſtrew it on the Cake, then put it betwixt two cloathes, and lay it to your forehead as warm as you may ſuffer it.

A Medicine for a ſore head with a Scald.

Take one peck of Shoo-makers ſhreds, ſet them over the fire, in a braſs pan, put water to them, and ſeeth them ſo long as any Oil will ariſe, and evermore be ſcumming off the Oil, then take Plantain, Ribwort, Houſleek leaves, Ground Ivy, knotted graſs, wild Borrage, Tutſan, Herb Bennet, Smallage, Setwel leaves, of every one a like quantity, and beat them in a Mortar, and ſtrain them, then take half a Pennyworth of Roſin, half a pennyworth of Allum, a little Virgins Wax, beat them and put them into a pan, and ſet it over the fire, put thereto the Herbs and the Oil, let them ſeeth till all be melted, then ſtrain them into a pan, and ſtir them till they be cold, and put it into a box for your uſe, when you dreſs your head, heat

a little in a ſaucer, anoint it every day twice, pull out the hairs that ſtand upright, and with a linnen cloth wipe away the corruption.

A Salve for a green Wound, or old Sore.

Take the leaves of green Tobacco two pounds, of Valerian two pounds, beat them very ſmall, then ſtrain them, and take the juyce thereof, put one pound of yellow Wax, one pound of Roſin, one pound of Deer Suet, boil them together till they be very green, and when it is cold put to it a quarter of a pound of Turpentine, and keep it for your uſe.

For the running of the Reins, Approved.

Take the Rows of red Herrings, dry them upon the coals till they will beat to pouder, then give it to the patient to drink in the morning faſting, as much as will lye upon a ſhilling in five ſpoonfuls of Ale or Wine, be he never ſo weak.

For the burning and pricking in the Soles of the Feet.

Take half a pound of Barrows greaſe, two handfulls of Mugwort chopped very ſmall, boil it with the Barrows greaſe upon a ſoft fire, by the ſpace of four hours, then ſtrain it from the Mugwort, and put it up in an earthen thing for your uſe, and anoint your feet as you go to bed.

A Medicine for any Heat, Burning or Scalding: Approved.

Take half a pint of the beſt Cream you can get, and ſet it in a fair Poſnet, upon the fire, then take 2 good handfuls of Daiſie roots, leaves and all, clean waſhed, and very finely ſhred, put them into the ſame Poſnet, and boil it upon the fire, until it be a clear ointment, then ſtrain it through a cloath, and keep it for your uſe.

To make Aqua compoſita *to drink for a Surfeit, or a cold ſtomack, and to avoid* Flegm, *and glut from ſtomack.*

Take one handful of Roſemary, one good root of Elecampane, one handful of Hop, half a handful of Thyme, half a handful of Sage, ſix good crops of red Mints, and as much of Penniroyal, half a handful of Horehound, ſix crops of Marjoram, two ounces of Liquorice well bruiſed, and ſo much of Anniſe-ſeeds, then take three gallons of ſtrong Ale, and put all the aforeſaid things, Ale, and Herbs, into a braſs pot, then ſet them upon the fire, and ſet your Limbeck upon it, and ſtop it cloſe with paſte, that there come no Air out, and ſo keep it with a ſoft fire, as other *Aqua vitæ.*

For an Ach in the Joynts.

Take clarified Butter a quarter of a pound, of Cummin one pound, black Sope a quarter of a pound, one handful of Rue, Sheeps Suet 2 ounces, Bay ſalt one ſpoonful, bray theſe together, then fry them with the gall of an Ox: ſpread it on a plaiſter, and lay it on as hot as you can, and let it lye ſeven days.

A Plaiſter to lay to the Head for a Rheum which runneth at the Eyes.

Take the powder of Roſe-leaves, Roſe-water, and Bettony-water, of each a like quantity, and a little Vinegar, put your powders into the Water and Vinegar, ſtill them and temper them, and make them in a Plaiſter, and put to it a little powder of *Terra ſigillata.*

A Water to be uſed with the Plaiſter above-ſaid for the ſame purpoſe.

Take one quart of new Milk, two pounds of green Fennel, a quarter of a pound of Eye-bright, Put the Herbs and Milk into a Stillatory, caſt half an ounce of Camphire thereon, and with this water waſh your eyes and temples.

For

For the Emerhoids : Approved.

Take a piece of twany cloth, burn it in a Frying pan to powder, then beat it in a Mortar as fine as may be, ſearce it, then lay it on brown paper, and with ſpittle make it plaiſter-wiſe, and lay it to the place, and truſs it up with cloths.

To break any Sore.

Take hot bread to the quantity of a farthing loaf, grate it, put thereto Sallade Oil three or four ſpoonfuls, and a pint of Milk, and ſeeth them together to a good thickneſs, ſpread it on a cloth, and lay it to the ſore; inſtead of Sallade Oil you may uſe Deer-ſuet.

A Bath for an Ach in the Back and Limbs.

Take Mugwort, Vervain, Fetherfeu, Dill, Roſemary, Burnet, Tunhoof, Horehound, and white Mints, Senkel, and Sage, of each one handful, ſeeth all theſe in four gallons of running-water, and let it ſeeth till one gallon be waſted, then bath your legs with it five nights together,

A Medicine for any Joynt that is Numb with any Ach. Approved.

Take Virgin Wax one ounce, Verdigriece half a quarter of an ounce, Brimſtone Sope, oil of eggs, of Allum, of Hony, of each a like quantity, temper them all together, and lay it upon the place grieved ſomewhat warm.

A Medicine for a Fellon of any Finger.

Take as much Bay-ſalt as an Egg, wind it in gray paper, lay it in the embers a quarter of an hour, then beat it in a Mortar very fine, then take the yolk of a new laid Egg, beat it with this pouder until it be very ſtiff; ſpread it upon a cloth, lay it upon the joynt grieved twenty four hours, and ſo dreſs it three times.

For a Boil or Puſh.

Take the yolk of a new laid Egg, a little Engliſh Hony, put it into the ſhell to the yolk, put in as

much Wheat meal as will make it to ſpread, then take 1 branch of Rue, and 1 branch of Fetherfew, ſhred them very fine, and put it to the ſame Medicine, ſtir them very well together, ſpread it upon a peace of leather, and lay it to the place grieved.

An Electuary to cauſe good digeſtion, and to comfort the ſtomack

Take Setwel, and, Gallingal of each three ſlices, Nutmegs, Ginger, and Cinnamon, of each two ſlices, three Bay-berries ſliced fine and husked, three ſlices of Liquorice, half a ſpoonful of Anniſe-ſeeds clean duſted, one long Pepper cut ſmall, white Pepper ſix grains, as much black Pepper, beat them all into a groſs pouder, then put thereto two grains of Muſk, one grain of Ambergriece, then take Mint-water and Sugar, boil them together and when they are come to the right perfection of thickneſs, put in thoſe pouders above mentioned in the cooling, with a little Conſerve of Roſemary flowers; of this take the quantity of a Nutmeg half an hour before you eat or dring at meals.

A Pouder for the Rheum, or Sore Eyes.

Boil one pint of Hop-water, made when the Hop is in the flower, till it be ſcalding hot, then put into it half a pound of Liquorice in very fine pouder, the water being taken from the fire, for the Liquorice muſt not boil in the Water, ſtir them together till the Water, be clean conſumed, then add to them of Anniſe-ſeeds, and Fennel ſeeds of each half a pound made into very fine pouder through a ſearce, Angelica-roots, Elicampane roots and leaves, and flowers of Eyebright made into very fine pouder, of each one ounce and a half, mingle theſe together, and ſo keep it cloſe, and when you eat of this pouder weigh out of the whole quantity two ounces, whereunto add as much good *Aqua vitæ* as will moiſten it or Angelica water, or *Roſa ſolis*, to keep it from being muſty, ſet it near the fire, eat

of

of this pouder at any time as much as you may take up with a groat, and it is ſpecial good for the Rheum, for cold, or for ſore eyes. Mr. *Bindlow.*

A Salve for any Wound.

Take Roſin, Pet-roſin, Wax, of each eight ounces, of Sheeps Suet, and Frankincenſe, of each four ounces, one ounce of Maſtick made in powder, boil all theſe in a pint of White-wine half an hour, then take it from the fire, and put thereto half an ounce of Camphire in powder, when it is almoſt cold put thereto four ounces of Turpentine, and make it up in rouls, but before it be rouled you muſt waſh it up in running Water. A. T.

How to deliver a Child in danger.

Take a Date ſtone, beat it into powder, let the Woman drink it with Wine, then take Polipody and emplaiſter it to her feet, and the Child will come whether it be quick or dead; then take Centory, green or dry, give it the Woman to drink in wine, give her alſo the Milk of another Woman.

A moſt ſingular Sirrup for the Lungs, and to prevent a Conſumption.

Take Egrimony, Scabios, Borrage, Bugloſs, of each twenty leaves, Fole-foot, Lungwort, Maiden-hair, of each half a handful, Succory and Endive, of each ſix leaves, of *Carduus benedictus*, Horehound, Nip, of each four crops, unſet Hop half a handful, Fennel-roots, Parſly-roots, Smallage-roots, of each three roots ſliced and the piths taken out, Elecampane four roots ſliced, Iris-roots half an ounce ſliced, Quince ſeeds one ounce, Liquorice three good ſticks ſcraped and ſliced ſmall, twenty Figs ſliced, Raiſins of the Sun one good handful ſliced, and the ſtones taken out, boil all theſe in a gallon of running water till half be conſumed, then take it from the fire and let it ſettle, then ſtrain it, and boil it again with as much white Sugar as will make it thick as Sirrup, that it may laſt all the year.

A Powder for the Stone.

Take Haws and Hips, of each a good handful, Aſhen-keyes half a handful, three or four Acorns, the ſhells of three new laid Eggs, Grumwel ſeeds, Parſley-ſeeds, of each half an ounce, Pel-ſtone a good handful, Camock roots half a handful, make all theſe in fine powder, then put thereto two ounces of Sugar-candy beaten ſomething ſmall, take a ſix-penny weight of this powder at a time in the morning faſting, and drink not after it one hour.

For the Chollick and Stone.

Take one handful of *Philipendula*, of Roſemary, of Saxifrage, of Ivy growing on the wall, of Harts-tongue, of Thyme, of Parſley, of Scabious, of each four handfuls, of Marigolds one handful, of Marjoram three handfuls, of brown fennel, of Loudebeef, of Spernits, of Borrage, of each two handfuls, of Maiden-hair three handfuls, ſtill all theſe in *May*, keep it in a Glaſs till you have need of it, then take of it five ſpoonfuls, and three of White-wine, and of clean powder of Ginger half a ſpoonful, put theſe together, and warm it luke-warm, and let the Patient drink it in the morning two hours before he riſe out of his bed, let him lay more cloaths upon him, for it will provoke him to ſweat, after the ſweat is gone, let him riſe and walk whither he will.

A good water to drink with wine, or without to cool Choller.

Take Borrage-roots, and Succory-roots of each two, waſh and ſcrape them fair and clean, and take out their cores, then take an earthen pot of two gallons, fill it with fair ſpring water, ſet it on a fire of Char-coal, put the roots in it, and eight penny-worth of Cinnamon; when it beginneth to ſeeth, put into it four ounces of fine Sugar, and let it ſeeth half an hour, then take it off, let it cool, and drink thereof at your Pleaſure.

How

How to make Aqua compoſita *for the Chollick and Stone.*

Take ſtrong Ale one Month old, as many gallons as your pot will hold, and for every gallon take two ounces of Liquorice, and as much Anniſe-ſeeds, and of theſe Herbs following two handfuls of each to every gallon, of Beach-leaves, Burnet, Paſpher, Pellitory of the wall, Watercreſſes, Saxafrage, Grumwel, *Philipendula*, Penny-royal, Fennel, half a root of Elecampane, of Hawes, of Hips, of Berries, of Brambles, and Barberries, of each half a pint, ſtill them as you do other *Aqua vitæ.*

A Medicine for the Chollick paſſion.

Take the ſmooth leaves of Holly, dry them, and make them into powder, of Grumwel-ſeed, and Box-ſeed of each a little quantity, let the Patient drink thereof.

How to take away the fervent ſhaking and burning of an Ague.

Take of the rind of the Wildin-tree, with the leaves in Summer, of each half a handful, as much Bettony, three crops of Roſemary, ſeeth them in a quart of Poſſet-Ale to a pint, and let the ſick drink of this as hot as he can, and ſo within three times it will eaſe him.

For the Hardneſs or Stiffneſs of Sinews.

Take twelve fledg'd Swallows out of the neſt, kill them, beat them feathers and all in a Mortar, with Thyme, Roſemary, and Hop, then ſeeth them with May Butter a good while, then ſtrain them through a Strainer, as hard as you can, and it will be an Ointment, take the ſtrings that grow out of the Strawberries, and beat them amongſt the reſt.

How to ſtay the Flux.

Take white Starch made of Wheat, two or three ſpoonfuls, and take alſo new Milk from the Cow, ſtir theſe together, and let them be warmed a little, and

and give it to the Party grieved in manner of a gliſter; a preſent Remedy.

An approved Medicine for the Plague called the Philoſophers Egg; it is a moſt excellent preſervative, againſt all Poyſons, or dangerous Diſeaſes that draw towards the Heart.

Take a new laid Egg, and break a hole ſo broad as you may take out the white clean from the Yolk, then take one ounce of Saffron and mingle it with the yolk, but be careful you break not the ſhell, then cover it with another piece of ſhell ſo cloſe as is poſſible, then take an earthen pot with a cloſe cover, with warm embers, ſo that he ſhall not be burned, and as thoſe embers do cool, ſo put in more hot; and do ſo for the ſpace of two days untill you think it be dry, for proof whereof you ſhall put in a Pen, and if it come out dry it is well, then take the Egg and wipe it very clean, then pare the ſhell, from the Saffron, and ſet it before the fire, and let it be warm, then beat it in a Mortar very fine, and put it in by it ſelf, then take as much white Muſtard-ſeed as the Egg and Saffron, and grind it as ſmall as meal, then ſearce it through a fine Boulter, that you may ſave the quantity of the Egg ſo ſearced, then take a quarter of an ounce of Dittany roots, as much Turmentil, of *Nuces Vomica* one dram, let them be dryed by the fire as aforeſaid, then ſtamp theſe three laſt ſeverally very fine in a Mortar, then mix them three well together, after that, take as a thing moſt needful, the root of Angelica and Pimpernel, of each the weight of ſixpence, make them to powder, and mix them with the reſt, then compound therewith five or ſix ſcruples of Unicorns-horn, or for want thereof Harts-Horn, and take as much weight as all theſe fine powders come to, of fine Triacle, and ſtamp it with the Powders in a Mortar until it be well mixt and hang to the peſtle, and then it is perfectly made,

then

then put the Electuary in a ſtone Pot, well nealed, and ſo it will continue twenty or thirty years, and the longer the better.

How to uſe this Electuary.

Firſt, When one is infected with the Peſtilence, let him take ſo ſoon as he can, or ever the diſeaſe infect the heart, one crown weight in gold of this Electuary, and ſo much of fine Triacle, if it be for a man, but if it ſhall be for a woman or child take leſs, and let them be well mixed together, and if the Diſeaſe come with cold, give him the Electuary with half a pint of White-wine warm, and well mixed together, but if it come with heat then give it him with Plantain Water, or Well water, and Vinegar mixt together, and when he hath drunk the ſame, let him go to his naked bed and put off his ſhirt, and cover him warm, but let his bed be well warmed firſt, and a hot double ſheet wrapped about him, and ſo let him ſweat ſeven, eight, or ten hours, as he is able to endure, for the more he doth ſweat the better, becauſe the diſeaſe fadeth away with the ſweat, but if he cannot ſweat, then heat two or three Bricks or Tiles, and wrap them in moiſt cloaths wet with Water and Salt, lay them by his ſides in the bed, and they will cauſe him to ſweat, and as he ſweateth, let it be wiped from his body with dry hot cloths being conveyed into the bed, and his ſweat being ended, ſhift him into a warm bed with a warm ſhirt, and all freſh new clothes, uſing him very warily for taking of cold, and let his cloaths that he did ſweat in be well aired and waſhed, for they be infectious; and let the keepers of the ſick beware of the breath or Air of the party in the time of his ſweating, therefore let her muffle her ſelf with double old cloth, wherein is Wormwood, Rue, Feverfew, crums of ſour Bread and Vinegar, and a little Roſe-water, beat all theſe together, and put it into the Muffler made new

every

every day while you do keep him, and let the ſick Party have of it bound in a cloth to ſmell on while he is in a ſwear, then after do it away and take a new, and becauſe he ſhall be faint and diſtempered after his Sickneſs, he ſhall eat no fleſh, nor drink wine the ſpace of nine days, but let him uſe theſe Conſervatives for his Health, as Conſerve of Bugloſs, Borrage, and red Roſes, and eſpecially he ſhall drink three or four days after he hath ſwear, morning and evening, three ounces of the juice of Sorrel, mixed with an ounce of Conſerve of Sorrel, and ſo uſe to eat and drink whatſoever is comfortable for the Heart, alſo if one take the quantity of a Pea of the ſaid Electuary with ſome good Wine, it ſhall keep him from the Infection, therefore when one is ſick in the houſe of the Plague, then ſo ſoon as you can, give all the whole Houſhold ſome of this Receipt to drink, and his Keeper alſo, and it ſhall preſerve them from the Infection, yet keep the whole from the ſick as much as you can, beware of the cloaths and bed that the ſick Party did ſweat in.

To make Balm water.

Take four gallons of ſtrong Ale and ſtale, half a pound of Liquorice, two pound of Balm, two ounces, of Figs, half a pound of Anniſe-ſeeds, one ounce of Nutmegs, ſhred the Balm and Figs very ſmall, and let them ſtand ſteeping four and twenty hours, and then put it in a Still as you uſe *Aqua vitæ*.

To make Doctor Stevens *Water.*

Take one gallon of good Gaſcoin Wine, of Ginger, Galingal, Nutmegs, Grains, Anniſe-ſeeds, Fennel ſeeds, Carraway ſeeds, Sage, Mints, red Roſes, garden Thyme, Pellitory, Roſemary, wild Thyme, Penny-royal, Cammomil, Lavender, of each one handful, bray your Spices ſmall, and chop the Herbs before named, and put them with the Spices

ſpices into the Wine, and let it ſtand twelve hours, ſtirring it very often, then ſtill it in a Limbeck, cloſed up with courſe paſte, ſo that no Air enter, keep the firſt water by it ſelf, it is good ſo long as it will burn.

An Ointment for any ſtrain in the Joynts, or for any Sore.

Take three pounds of freſh Butter unwaſhed, and ſet it in an Oven after the bread be drawn out, and let it ſtand two or three hours, then take the cleareſt of the butter, and put into a Poſnet, then take the Tops of red Nettles as much as will be moiſtned with the Butter, and chop them very ſmall, and put them into the Butter, ſet it on the fire, and boil it ſoftly 5 or 6 hours, and when it is ſo boiled put thereto half a pint of pure oyl Olive, and then boil it a very little, and take it off, and ſtrain it into an earthen pot, and keep it for your uſe.

If you think good, inſtead of Nettles only, you may take theſe herbs, Cammomil, Roſemary, Lavender, Tun-hoof, otherwiſe Ale-hoof, Five-finger, Vervain, and Nettle-tops.

For an Ague.

Take the inner bark of a Walnut-tree, a good quantity, boil it in Beer until the Beer look black, and then take a good draught and put it into a pot, then take ſix ſpoonfuls of Sallade Oil, for an extream Ague, brew it to and fro in two pots, then drink it, and let the party labour at any exerciſe until he ſweat, then let him lye down upon a bed very warm until he hath done ſweating, this do three times when the Ague cometh upon him.

A Powder againſt the wind in the Stomack.

Take Ginger, Cinnamon, and Gallingal, of each two ounces, Anniſe-ſeeds, Carraway, and Fennel-ſeeds, of each one ounce, long Pepper, Grains, Mace, and Nutmegs, of each half an ounce, Setwel half a drachm, make all in powder, and put thereto one pound of white Sugar, and uſe this after your Meat, or before at your pleaſure, at all times; it

it comforteth the ſtomack marvellouſly, carrieth away the wind, and cauſeth a good digeſtion.

For a Pin and Web in the Eye.

Take the white of an Egg, beat it to oyl, put thereto a quarter of a ſpoonful of Engliſh Hony, half a handful of Daiſie leaves, and in winter the roots, half a handful of the inner rind of a young Hazle, not above one years growth, beat them together in a Mortar, and put thereto one ſpoonful of Womans Milk, and let it ſtand infuſed, two or three hours, and ſtrain all through a cloth, and with a feather drop it into the eye thrice a day.

For blood ſhotten and ſore Eyes, coming of heat.

Take *Tutty*, of *Alexandria*, or *Lapis Tutty*, one ounce, beat it unto fine pouder, temper it with a quart of White wine put thereto one ounce of dried Roſe-leaves, and boil them altogether with a ſoft fire until one half be conſumed, then ſtrain it through a fine linnen cloth and keep it in a Glaſs, and uſe it evening and morning, and put it into the ſore eyes with a feather, or your finger.

If the *Tutty* be prepared it is the better, which is thus done, ſteep the *Tutty* in Roſe-water, and let it lye half an hour, then take it forth, and lay it on a white paper to dry, then take it when it is dry, ſteep it, and dry it again, as before, twice or thrice, and then uſe it as before,

For an Ach in the Bones.

Take Southernwood, Wormwood, and Bay-leaves,, of each one handful, one Oxe-gall, one pint of Neats-foot oil, put all theſe together, and let them ſtand two or three days, and let them boil upon a very ſoft fire, then put in of Deers-ſuet a good quantity, ſtrain them, and put them into a por, and ſo anoint the Patient, put to this a good quantity of Tar, and as much Pitch as the bigneſs of

of a Walnut, and of the juyce of Pimpernel a good quantity.

For Children that are troubled with an extream Cough.

Take Hyſop-water, and Fennel-water, of each half a pint, of ſliced Liquorice, and Sugar, of each a pretty quantity, ſeeth them eaſily over a good fire; ſtrain it, and let them take a little hereof at once, and often; you may diſſolve pellets therein, and you may anoint their cheſt with oyl of Almonds, and a little Wax.

A Medicine for ſore Eyes.

Take red Fennel and Celendine, of each one handful, ſtamp and ſtrain them, that done, take five ſpoonfuls of Honey, and white Copperas the quantity of one Pea, Roſe-water five ſpoonfuls, boil all theſe together in an earthen pot, skim it well, and clariſie it with the white of an Egg; this is an excellent Medicine to clear the ſight of the Eye, if there be any thing in the Eye ſuperfluous to hinder the ſight, but if their be nothing but heat, it is nothing ſo good.

To help one that is inwardly bruiſed.

Take of Borrage and red Sage of each a handful, ſtamp theſe together, and ſtrain them, and put thereto as much Claret Wine as the juyce thereof, and let the Party drink it warm, and if it keep within him four and twenty hours after he will recover; if he be bound in the Body, let him take three ſpoonfuls of Sirrup of Damask Roſes, and two ſpoonfuls of Sallade Oil, and drink it Faſting, and an hour after let the Party take ſome Warm Broth.

For the Spleen.

Take of Lavender, Fennel, Parſley, Cammomile, Thyme, Wormwood, Angelica, of each one handful, of Sage, and Rue, one handful, of Aniſe-ſeeds, and Fennel-ſeeds, of each one handful, of Cummin-ſeeds two handfuls, of Cloves four ſpoon-

fuls, and of Mace two ſpoonfuls, gather theſe Herbs in the heat of the Day, and dry them in the Sun two days, laying them very thin on a ſheet, and bruiſe the ſeed groſly and ſteep them in as much Sallade oile as will cover all theſe things, and ſomewhat more, and ſet them in the Sun ten days, which being done, ſtrain your Oyl from your Herbs and your Spices, and then infuſe it once again as before with Herbs and Spices in like manner, and to that Oyl thus infuſed or ſtrained, add bitter Almonds, and Oyl of Capers half a pint, then then take a quarter of a ſpoonful of the ſaid Oyl, and put it in your hands, your hands being warm, rub them together, and anoint and rub the patient grieved with both your hands, the one on the right ſide, the other on the left, from the loyns down to the bottom of the belly, drawing your hands as hard as you can, and make them to meet at the bottom of the belly: And continue in continual rubbing about a quarter of an hour.

For a Burning or Scald.

Take a quantity of ſheeps Suet, the white of Hen-dung, and freſh greaſe, boil all theſe together, ſtrain it and anoint the party with a feather.

For the Emerhoids and Piles.

Take juyce of Elder, May-butter, and Deers-ſuet, melt them, letting the juyce and the butter ſimmer, and then put the Suet to them, make them in pills, and if you make a ſuppoſitor, you muſt put in more Deers-ſuet.

For the Canker in the Mouth or Noſe.

Take the aſhes of green leaves of Holly, with half ſo much of the burnt powder of Allum, blow with a Quill into the place grieved, and it will help Man, Child, or Beaſt.

A Remedy for the Mother.

When the Fit beginneth to take them, take the powder of white Amber, and burn it in a Chafing-diſh

diſh of coals, and let them hold their Mouths over it, and ſuck in the ſmoak, and anoint their Noſtrils with the oyl of Amber, and if they be not with Child, take two or three drops of the oyl of Amber in White-wine warm or cold, but the oyl of Amber muſt be taken inward but once a day, and outward as often as the Fit taketh them.

A Medicine for the Worms.

Take one penny-worth of Aloes, with the like quantity of Ox-gall and Mithridate, mix them together, and lay them to the Childs navel upon a Plaiſter.

A Preſervative againſt the Plague.

Take one dry Walnut, take off the ſhell and peel, cut it ſmall, and with a branch of Rue ſhred fine, and a little Wine Vinegar and Salt, put all into a ſliced Fig, take it up faſting, and then you may drink a little Wormwood after it, and go where you liſt.

A Pill for thoſe that are infected.

Take of Aloes-Succatrina half an ounce, of Myrrh, and Engliſh Saffron, of each a quarter of an ounce, beat them into ſmall powder, with Malmſey, or a little Sack, or Dioſcoridon, make two or three ſmall pills thereof, and take them faſting.

A Poultes to break a Plague-Sore.

Take a white Lilly root, and ſeeth it in a penny-worth of Linſeed, and a pretty quantity of Barrows greaſe, beat the Linſeed firſt very ſoft, afterwards beat all together in a Mortar, make thereof a plaiſter.

An Electuary for the Plague.

Take the weight of ten grains of Saffron, two ounces of the kernels, of Walnuts, two or three Figs, one dram of Mithridate, and a few Sage leaves ſtampt together, with a ſufficient quantity of Pimpernel-water, make up all theſe together in a Maſs or lump, and keep it in a glaſs or pot for your uſe, take the quantity of twelve grains faſting in the

morning, and it will not only preſerve from the Peſtilence, but expel from thoſe that are infected.

Againſt a Tertian Ague.

Take *Dandilion* clean waſhed, ſtamp it and put it in Beer, and let it ſtand all night in the Beer, in the morning ſtrain it, and put half a ſpoonful of Triacle into it, make it luke-warm, and let the patient drink of it faſting upon his well day, and walk upon it as long as he is able, this hath been approved good for an Ague that cometh every ſecond day.

Againſt the Wind.

Take Cummin-ſeeds, and ſteep them in Sack four and twenty hours, dry them by the fire, and huſk them, then take Fennel-ſeed, Carraway-ſeed, and Anniſe-ſeeds, beat all theſe together, and take every morning half a ſpoonful in Broth or Beer faſting.

Another.

Take Enula Campana, grate it, and drink half a ſpoonful faſting.

For the Sting of an Adder.

Take a head of Garlick, and bruiſe it with ſome Rue, and ſome Hony thereto, and if you will ſome Triacle, and apply it to the place.

For the biting of a dog.

Take Ragwort, chop it, and boil it with unwaſht butter to an ointment.

A Medicine for a Woman that hath a dead Child, or for the after-birth after Deliverance.

Take Date-ſtones, dry them and beat them to powder, then take Cummin ſeed, Grains and Engliſh Saffron, make them in a powder, and put them altogether in like quantity, ſaving leſs of the Saffron then of the reſt, then ſearce them very finely, and when need is to drink it, take a ſpoonful at once with a little Malmſie, and drink it Milk-warm, it is good to bring forth a dead Child, or for the after-

after-birth, or if the woman have any riſing in her ſtomach, or fluſhing in her face during her Childbirth the Date ſtones with round holes in the ſides are the beſt; if you put a quantity of white Amber beaten amongſt the powder, it will be better.

To make the beſt Paracelſus *Salve.*

Take of Litharge of Gold and Silver, of each three ounces, and put to it one pound and half of good Sallade oyl, and as much of Linſeed oyl, put it into a large earthen Veſſel well leaded, of the faſhion of a Milk-boul, or a great Baſon, ſet it over a gentle fire, and keep it ſtirring till it begin to boil, then put to it of red lead, and of *Lapis Calaminaris*, of each half a pound, keep it with continual ſtirring, and let it boil two hours, or ſo long till it be ſomething thick, which you may know by dropping a little of it upon a cold board or ſtone, then take a Skiller, and put into it a pound of yellow Wax, as much black Roſin, half a pound of Gum Sandrach, of yellow Amber, Olibanum, Myrth, of *Aloes hepatica*, of both the kinds of *Ariſtolochias* round and long, of every of theſe in fine powder ſearced one ounce, of *Mammir* one ounce and a half, of oyl of Bayes half a pound, of oyl of Juniper ſix ounces, diſſolve all theſe together in the aforeſaid Skillet, and then put them to the former Plaiſter, ſet it over a gentle fire; and keep it with ſtirring till it boil a little. Then take your five Gums, Pepanax, Galbanum, Sapagenum, Ammoniacum, and Bdelium, of each of theſe three ounces, which muſt be diſſolved in White-wine Vinegar, and ſtrained, and the Vinegar exaſperated from them, before you go about the Plaiſter let there be three ounces of each of them when they are thus prepared, then when the Plaiſter hath gently boiled, about half the bigneſs of a Nutmeg at a time, continuing that order until all the Gums be in and diſſolved, then ſet it over the fire again, and

let it boil a very little, but before it boil be ſure that the Gums be all diſſolved, for elſe it will run into lumps and knots, after it hath boiled a little take it from the fire again, and continue the ſtirring of it very carefully, and put to it theſe things following, being in a readineſs, take of both the Corrals red and white, of Mother of Pearl, Dragons blood, *Terra lemnia*, of white Vitriol, of each of them one ounce, of *Lapis hematitis*, and of the Loadſtone, of each of them one ounce and a half, of the flowers of Antimony two drams, of *Crocus Martis* two drams, of Camphire one ounce, and of common Turpentine half a pound, mix all theſe together, but firſt let thoſe things that are to be pounded, be carefully done, and fully ſearced, then put them all together among the former things, and again ſet it over the fire with a moderate heat, and gentle to boil, till it be in the form of a Plaiſter, which you may know by dropping it on a cold piece of Wood, or Stone, or Iron, you muſt alſo remember to keep it with continual ſtirring, from the beginning to the ending, when you make it up, let your hands, and the place you roul it on, be anointed with the oil of Saint-*Johns*-wort, and of each Worms and Juniper, Cammomil and Roſes together, wrap it in Parchment or Leather, and keep it for your uſe.

Memorandum, That the Camphire be diſſolved in the Oyl of Juniper, mix them together with the Gum Sandrach, and put them in towards the latter end.

An Ointment for any ſtrain in the Joynts, or for any Sore.

Take three pound of freſh Butter unwaſhed, and and ſet it into an Oven after the bread be drawn out, and let it ſtand 2 or 3 hours, then take the cleareſt of the Butter, and put into a poſnet, then take the tops of red Nettles, and chop them very ſmall, and

and put ſo many Nettles to the Butter, as will be moiſtned with the Butter, and ſo ſet it on the fire, and boil it ſoftly five or ſix hours, and when it is ſo boiled, put thereto half a pint of the beſt Oil Olive, and then make it boil a very little, and take it off, and ſtrain it into an earthen pot, and keep it for your uſe.

Mr Aſhleys *Ointment.*

Take ſix pound of *May* Butter unſalted, one quart of Sallade Oil, four pound of Barrows greaſe, one pound of the beſt Roſin, one pound of Turpentine, half a pound of Frankincenſe: To this rate take theſe herbs following, of each a handful, *viz.* Smallage, Balm, Lorage, red Sage, Lavender, Lavender-cotten, Herb-greaſe, Parſley, Cumfry called Boneſet, Sorel, Laurel-leaves, Beach-leaves, Lungwort, Marjoram, Roſemary, Mallows, Cammomile, Saint-*Johns*-wort, Plantain Altheal, Chickweed, Engliſh Tobacco, or elſe Henbane, Grumſel, Woundwort, Bettony, Agrimony, *Carduus Benedictus*, wild Wine, or White-wine, called B. tan, Adders tongue, Mellilot, pick all theſe herbs clean, waſh them, ſtrain them clean from the water, all theſe muſt be gathered after the Sun riſe, then ſtamp all theſe Herbs in a ſtone or wooden Mortar ſo ſmall as poſſible may be, then take your Roſin and beat it to powder with your Frankincenſe, and melt them firſt alone, then put in your Butter, your Hogs-greaſe and Oyl, and when all is melted, put in your Herbs, and let them all boil together half a quarter of an hour, then take it from the fire, and leave ſtirring of it in no wiſe a quarter of an hour after, and in that time that it is from the fire put in your Turpentine, and two ounces of Verdigriece very finely beaten to powder, and when you put in your Turpentine and Verdigriece, ſtir it well, or elſe it will run over, and ſo ſtir until it leave boiling: Then put it in an earthen pot, ſtopping the

the pot very close with a cloth, and a board on the top, and set it in a dunghil of Horse muck twenty one days, then take it up and put it into a kettle, and let it boil a little, taking heed that it boil not over, then strain all through a course cloth into an earthen or gally-pot, and when all is strained, put to it half a pound of oyl of Spike, and cover the pot close until you use it, and when you use it make it warm in Winter, and use it cold in Summer.

An approved Medicine for any Ach in the Joynts whatsoever.

Take half a pound of Rosin, half a pound of Frankincense, Olibanum, and Mastick, of each one ounce, Wax, Deers suet, Turpentine, of each two ounces, Camphire, two drams, beat the Olibanum, Mastick, Rosin, and Frankincense, and Camphire into Powder, then put it in a brass pan with a Pottle of White-wine, and put in the Wax, and Deers-suet into it, and when it doth boil put in your Turpentine, and let it boil a quarter of an hour, then take it from the fire and let it stand and cool until the next day then work it with your hand to work out the Wine, anointing your hands first with oyl, then make it up in rouls, then as need shall serve, take thereof and spread it with a warm knife upon a fleshy side of a Sheeps-skin, and apply it warm to the grieved place, and take it not off until it fall off of it self, pricking the Plaister full of holes.

A Searcloth to be used against Carbuncles, red Sores, Biles, Swellings, or any hot cause.

Take a wine pint of pure Sallade oyl, and put it into an earthen pot that is very large, and set it upon a very soft fire of Charcoal, and when it beginneth to boil, stir it with a Hasel-stick of one years shooting, then put into it two ounces of *Venice* Sope that is pure white, half a pound of red Lead,

Lead, one quarter of a pound of white Lead, letting it boil very ſoftly, ſtirring it continually with this Hazle ſtick for the ſpace of two or three hours; you ſhall know when it is boiled by this, drop one drop thereof on a board, and it will be ſtiff when it is enough, then take it from the fire, and put into it half an ounce of oyl of Bays, then let it boil again a little, then let your cloaths be cut of a reaſonable ſize to dip them in it, then you muſt have two ſticks, which muſt be hollow in the middle to ſtrip the cloaths through, then lay them abroad until they be cold upon a board, then roul them up and keep them, and when you uſe them, lay them upon the place grieved, and let them lye twelve hours, then take it off and wipe it, and lay the other ſide, and let that lye as long.

Plague water to be taken three times, for the firſt helpeth not.

Take a gallon of White-wine, Ale or Beer, and to that quantity take a quarter of a pound of each of theſe Herbs following, Roſewater a quarter of a pint, Rue, Sage, Vervin, Egrimony, Bettony, Celendine, Carduus, Angelica, Pimpernel, Scabious, Valerian, Worm-wood, Dragons, Mugwort, all theſe Herbs muſt you ſhred in groſs together, and ſteep it in the aforeſaid liquor, the night before you diſtil it in a Roſe-water Still, and then keep the firſt water by it ſelf, being the weaker, and therefore fitter for Children; it helpeth all Fevers, Agues and Plagues being thus taken, ſeven ſpoonfuls or thereabout of the ſtrongeſt blood-warm, and give to the party to drink in an Ague or Fever, an hour before the Fit come, and ſo to ſweat, either by Exerciſe, or in your bed, but your Stomach muſt be empty, if it be taken for the Plague, then put it into a little Diaſcordium or Mithridate.

A defenſive Plaiſter

Take the White of an Egg, and Bole Armoniack, ſpread it on leather.

A

A Sirrup for a Cold.

Take Colts-foot-water, Hyſop-water, and Hony, put Liquorice, Anniſe-ſeeds, Elecampane, put thereto the juyce of Fennel, and boil them.

To ſtay the bleeding of a Wound.

Take Charcoal, red hot out of the fire and beat it to Powder.

A Poulteſs.

Take Milk, Oatmeal, and red Roſe-leaves, and a little Deers-ſuet.

For the running of the Reins.

Take Cups of Acorns and grate them, and grate ſome Nutmeg, put this in Beer and drink.

For a Poulteſs.

Take Linſeed and beat it to pouder, boil it in Milk with Mallows, and Sheeps-ſuet.

For a Blaſt.

Taſte a good quantity of Vervin, and boil it in Milk, and waſh the blaſt therewith very well, then bind the Herbs very cloſe to it ſome few hours, after waſh it again the Milk being warmed, and ſo bind it up again, the oftner it is done the better, and in a day or two it will be well, if it be taken before it feſter.

Another.

Take a good quantity of Vericon being green, with as much Dill, chop them together, and boil them in Bores greaſe as much as will cover them, and for want thereof ſo much *May* butter, and when they be boiled together, let them ſtand two or three days, and then boil it a little, and ſo ſtrain it through a cloth.

A Balſamum.

Take it in the latter end of *September*, good ſtore of Honyſuckle-berries and put them in a body of a glaſs ſtill ſtopped, and ſet it in hot horſe-dung eight days, diſtil it in Balneo, then when you have drawn the water forth, pour the water into the ſtuff

ſtuff again, ſtop it cloſe, and put it into the dung four and twenty hours, then ſet it in aſhes, and diſtil both Water and Oyl with a great fire, as much as will come forth, and at laſt ſeparate the water from the Oyl in Balneo.

To make an excellent Oil of Hypericon.

Take flowers, leaves and ſeeds of Hypericon, as much as you liſt, beat them together, and infuſe them in White-wine, that they may be covered therewith, and ſet them in the Sun for ten days, then put thereto ſo much Oyl Olive as all the reſt do weigh, and let it ſtand ten days more in the Sun, but look that you weigh the Oyl to know how much it is, then put thereto for every pound of Oyl two ounces of Turpentine, and one dram of Saffron, and of Nutmegs, and Cloves of each half an ounce, of Myrrh, and Roſin, of each an ounce, and of the Root of Briony two ounces put them all in a veſſel of glaſs, and mix them well together, and ſet them in a veſſel of hot water, and then ſet thereto a head of glaſs and Receiver well ſhut, and boil it ſo long until no more will diſtil from it, which will be about twenty four hours, then take it out and ſtrain it whilſt it is hot, and keep it in a veſſel of glaſs, and when you firſt uſe it, heat it well, and apply it upon a wound without uſing any tent at all, this is excellent for a green wound, eſpecially if there be veins, ſinews, or bones offended or cut, it keepeth wounds from putrifaction, it cleanſeth them, and eaſeth pain, and doth incarnate and skin them, it helpeth bruiſes, pains, aches, or ſwelling in any part, and is wonderful good againſt venome or poyſon.

For the Falling-ſickneſs.

Take the roots of ſingle Pionies grate them, drink them, and wear ſome of them about your neck.

For the kibed Heels.

Take a Turnip, make a hole in the top of it, take

take out ſome of the pith, infuſe into that hole Oyl of Roſes, then ſtop cloſe the hole, roaſt the Turnip under the embers, when it is ſoft, apply it plaiſterwiſe warm to the Kibe, bind it faſt.

Lapis Prunellæ.

A Medicine for ſore Eyes.

Take one pound of Salt-peter, boil it in a Goldſmiths earthen pot, with a very hot fire round about it, let it boil till it be very black and melted, then take a quarter of an ounce, or ſixpeny weight of Roach Allum, and a quarter of an ounce of Brimſtone, break them and put them in the Salt-peter by little at once as it boileth, and let it burn till the flame go out of it ſelf, then pour it into a braſs Ladle, or into a Chafer, and ſo let it ſtand till it be cold, and when you will uſe it ſcrape it very fine with a knife, and put a little of it to the ſore eyes, hold down the eye-lid till the pain be gone, then let the water drop out of the eye: This Medicine taketh away the Pearl, Pin and Web in the eye, and all ſores and blood ſhed, it alſo helpeth the tooth-ach, being put into the hollow tooth, with a little lint, if the tooth be not hollow, rub it outward; finally, it helpeth a ſtinking breath, being eaten in the morning faſting.

For a Scald Head.

Take a handful of Glovers ſhreds, and a handful of Dock-roots the pith taken out, and boil them in ſtrong Ale until they be reaſonable thick, and anoint the head therewith.

For a Bloody-Flux.

Take Rubarb and toaſt it, then grind it to powder, and take as much as will lye upon a ſixpence, and keep warm that day, the next day eat conſerve of Roſes, mixed with Corral, and drink that day if you will poſſet-Ale made of Cammomil.

For the Itch.

Take a pound of Butter, unwaſhed and unſalted, three

three good handfuls of red Sage, and as much Brimſtone beaten into powder, as a Walnut, boil theſe well together, and ſtrain it, and put in half an ounce of Ginger beaten ſmall.

For ſore eyes.

Take two Hens dung out of the neſt, and put it into an Oven almoſt cold, let it lye there all night, and take the white of it, and beat it being dryed, and take as much of the powder of Ginger finely beaten, and put to that half the like quantity of Sugar-candy, all which muſt be beaten very well and ſearced, then put it into the ſore eyes every night, and in the morning, and waſh it out with water.

A water for ſore Eyes.

Take a pint of fair running water, of wild Daiſies, and three leaved graſs, of each a good handful, waſh the herbs very clean in a Cullender, and put them into a clean skillet of water, let them boil very well over the fire, until the water look green, then take a little piece of Allum and put into the water, and when it is boiling then taſt of the water, and when it ſticks to the mouth, take as much honey as will make it very ſweet, then after it hath boiled a little while, take it off the fire, ſtrain it, and drop a little every night into the eyes.

An approved Application againſt any Surfeit.

Take the bottom of a Muncorn loaf, cut it about an inch thick, and as broad as the palm of your hand, toaſt it very well, then take of Sallade oil and Claret wine of each a like quantity, as much as will wet the toaſt well and throughly, warm it hot, then put the toaſt into it, when the toaſt is well ſoak'd, ſtrew the powder of Cloves, and Mace hereupon thick, then apply it to the ſtomach of the patient as warm as he can endure it, it will purge upwards and downwards, ſo often as you apply a freſh toaſt made as afore-

ſaid, that may be applyed ſo often as any one findeth their ſtomach ill at eaſe, although then it will not purge, except in caſe of a ſurfeit.

A Medicine againſt the Plague.

Take of the root called Setwel, the quantity of half a Walnut, and grate it, of Triacle green one good ſpoonful, of fair water three ſpoonfuls, make all theſe more than luke-warm, and ſo drink them off in bed, and ſweat ſix or ſeven hours, and in your ſweat drink ſmall Poſſet-ale, made of ſmall drink as you need, but not till an hour and half after the taking of the potion, and it will bring forth the plague, for if you caſt the medicine, you may take it the ſecond, third, or fourth time, by the whole, half, or leſs meaſure, as your ſtomach will bear it: if any do take it, and thereupon happen preſently amendment, or a riſing or ſore, you may think it to be the ſickneſs, for the nature of the medicine is to prevent the plague, and in others to expel the ſore, if it be not taken too late, in which caſe the ſtomach will not brook it eaſily, and after two or three times taking, if you miniſter it to any, let it be at their firſt ſickneſs, leſt if their diſeaſe be other, they may receive harm thereby.

Jelly of Frogs.

Take the Jelly of Frogs in March, and ſtill it in a glaſs Still, it is a good Medicine to ſtop blood, and for the heat and redneſs of the face, and good to cure green wounds.

For the Tooth-ach.

Take Sparemints, and Ground-ivy, of each a handful, and a good ſpoonful of Bay Salt, ſtamp all theſe very well together, and boil them in a pint of the ſtrongeſt Vinegar that you can get, let theſe boil all together until they come to a quarter of a pint, then ſtrain it, and put it into a glaſs, and ſtop it very cloſe, when your teeth do ach, Take a

ſpoon-

ſpoonful of it blood-warm, and hold it in your mouth on that ſide the pain is.

To make teeth ſtand faſt.

Take Roots of Vervin in cold wine, and waſh the teeth therewith.

For the perilous Cough.

Take white Horehound, ſtamp it, wring out the juice, and mingle it with honey, aud ſeeth it, and give it to the ſick to drink, or elſe Sack, and Garlick-ſeed and roaſt it in the fire, and take away the peeling, and eat the reſt with Honey. or elſe take Sage, Rue, Cummin, and powder of Pepper, and ſeeth all theſe together in honey, and make thereof an Electuary, and take thereof a ſpoonful in the morning, and another at night.

For a man that hath no taſte in meat or drink.

Take a pottle of clear water, and a good handful of Dandilion, and put it in an earthen pot, and ſeeth it till it come to a quart, and then take out the Herbs, and put in a good quantity of white Sugar, till you think it be ſomewhat pleaſant, and then put it into a Veſſel wherein it may cool, and then take twenty or thirty Almonds, blanch them and beat them in a mortar, and when the water is cold put it to the Almonds, and ſtrain it through a clean Cipris-bag without compulſion, and if it be thick, let it run through again, and ſo keep it in a veſſel, and drink of it often, at all times as you pleaſe.

To preſerve a man from the Plague.

Take *Aloe Epaticum*, and *Aloe Succatrina*, fine Cinnamon and Myrrh, of each of them three drams, Cloves, Mace, *Lignum Aloe*, Maſtick, *Bole Armoniack*, of each of them half a dram, let all theſe things be well ſtamped in a Mortar, then mingle them together, and after keep them in ſome cloſe veſſel, and take of it every morning two penny-weight, in half a glaſs full of White-wine,

with a little water, and drink it in the morning at the dawning of the day, and ſo may you by the grace of God, go ſafely into all infection of the air and plague.

For a Tetter or Ring-worm.

Take Mercury a quarter of an ounce, Camphire one penny weight, make them into powder, and rub them in a fair Porrenger, then take and mix them with the water of the Vine four or five ſpoonfuls, ſtir them well t ge her, then put as much more water to that, then ſtrain it through a cloth, and take Poppy-ſeeds one quarter of an ounce, beat that in a ſtone Mortar with a ſpoonful of the water of the Vine, putting a little and a little till you have ſpent the quantity of a pint, then put to half an ounce of the milk of Cokernut, ſo mix them well together with your Receipt, and ſtrain them as you make Almond milk through a fair cloth, then keep it in a glaſs for your uſe.

To keep ones body looſe whenſoever you need.

Take two ounces of Sirrup of Roſes, one ounce of Sene, one penny-worth of Anniſe-ſeeds, one ſtick of Liquorice, one pint of Poſturn-water, ſeeth them all together till it ſeeth to half a pint, then ſtrain them forth, then boil the two ounces of Sirrup of Roſes, and drink it warm.

For a red Face.

Take Brimſtone that is whole, and Cinnamon of either of them an even proportion by weight, beat them into ſmall powder, ſearce it through a fine cloth upon a ſheet of white paper, to the quantity of an ounce or more, and ſo by even proportions in weight, mingle them together in clean clarified Capons-greaſe, and temper them well together, until they be well mollified, and then put them in a little Camphire to the quantity of a Bean, and ſo put the whole confection in a glaſs.

For a young Child to make Water.

Boil Organy in fair Water, and lay it warm to the Childs Navel.

A Medicine for the falling of the Uvula into the Throat.

Take a red Colewort leaf, whereof cut away the middle rind, then put the Leaf into a paper, and let it be burnt in hot embers or aſhes, then take the leaf out, and lay it hot on the top or crown of the bare head, and it will draw it up into his place and rid you of your pain.

A Medicine for the heat of the ſoles of the feet, that cometh by Rheum or Blood.

Take a quantity of Snails of the garden, and boil them in ſtale Urine, then let the patient bath and ſet his feet therein, and uſing that often he ſhall be cured.

Gaſcoins *own Powder.*

Take of powder of Pearl, of red Corral, of Crabs-eyes, of Hartshorn, and white Amber, of each one ounce, beat them into fine powder, and ſearce them, then take ſo much of the black toes of the Crabs claws as of all the reſt of the powders, for that is the chief worker, beat them, and ſearce them finely as you do the reſt, then weigh them ſeverally, and take as much of the toes as you do of all the reſt of the five powders, and mingle them well together, and make tham up in balls with jelly of Hartſhorn, whereinto put or infuſe a ſmall quantity of Saffron to give them colour, then let them lie till they be dry and fully hard, and keep them for your uſe.

The Crabs are to be gotten in *May* or *September*, before they be boiled.

The doſe is ten or twelve grains in Dragon water, Carduus water, or ſome other Cordial water.

The Apothecaries in their compoſition of it, uſe to put in a drachm of good Oriental Bezar to the

other powders, as you may ſee in the preſcription following.

This is thought to be the true compoſition invented by *Gaſcon*, and that the Bezar, Musk, and Ambergriece, were added after by ſome for curioſity, and that the former will work without them as effectually as with them.

The Apothecaries Gaſcon powder, *with the uſe.*

Take of Pearls, white Amber, Harts-horn, eyes of Crabs, and white Corral, of each half an ounce, of black thighs of Crabs calcined, two ounces, to every ounce of this powder put a dram of Oriental Bezar, reduce them all into very fine powder, and ſearce them, and with Harts-horn jelly, with a little Saffron put therein, make it up into paſt, and make therewith Lozenges, or Trochiſes for your uſe.

You muſt get your Crabs for this powder about *May* or in *September*, before they ſhall be boyled, when you have made them, let them dry and grow hard in a dry air, neither by Fire nor Sun.

Their doſe is ten or twelve grains, as before preſcribed in the former page.

The powder preſcribed by the Doctors in their laſt London *Diſpenſatory* 1650. *called the powder of Crabs claws.*

Take of prepared Pearls, eyes or ſtones of Crabs, of red Corral, of white Amber, of Hearts-horn, of Oriental Bezar-ſtone, of each half an ounce, of the powder of the black tops of the Crabs-Claws to the weight of all the former; make them all into powder, according to Art, and with jelly made with the skins or caſtings of our Vipers, make it up into ſmall Tablets, or Trochiſes, which you muſt warily dry, as before preſcribed, and reſerve for your uſe.

The

The Counteſs of Kents *powder, good againſt all malignant and peſtilent Diſeaſes; French Pox, Small Pox, Meaſels, Plague, Peſtilence, malignant, or ſcarlet Fever; good againſt Melancholy, dejection of Spirits; twenty or thirty grains hereof being exhibited in a little wharm Sack, or Harts-horn jelly, to a man, and half as much, or twelve grains to a child.*

Take of the Magiſtery of Pearls, of Crabs-eyes prepared, of white Amber prepared, Harts-horn, Magiſtery of white Coral, of *Lapis contra Yarvam*, of each a like quantity, to theſe powders infuſed put of the black tips of the great claws of Crabs, the full weight of the reſt, beat theſe all into very fine powder, and ſearce them through a fine Lawne Search, to every ounce of this powder, add a drachm of true Oriental Bezar, make all theſe up into a lump, or maſſe, with the jelly of Harts-horn, and colour it with Saffron, putting thereto a ſcruple of Ambergriece and a little musk alſo finely powdered, and dry them (made up into ſmall Trochiſes) neither by fire nor Sun, but by a dry air; and you may give to a Man twenty grains of it, and to a Child twelve grains.

The vertues of a Root called Contra yerva, *being made into fine Powder.*

1. It withſtands the plague being taken in Triacle-water.

2. It is good in all peſtilent Diſeaſes, taken in poſſet drink with Saffron.

3. It is good againſt a Fever, taken in *Carduus* Water.

4. It is a great Antidote againſt all Poyſons, taken in Sallade Oyl.

5. It doth cure the biting of a mad Dog, drunk in Roſe Vinegar, and then drink nothing elſe but Spring water during the Cure.

6. It cauſeth a ſpeedy delivery, given in Balm water, Bittony water, or in burnt Wine.

7. It

7. It doth take away the afterthrows, given in the ſame liquors.

8. It is a good Cordial in all fits of the Mother, given in Rue-water.

9. It is very ſoveraign in ſwouning Fits given in Sack, or Borrage-water.

10. It is very powerful to withſtand all Melancholly, given in Sack.

11. It doth help Convulſions in Children given in Spring-water.

12. It helpeth the Worms given in Goats Milk.

13. It is good for a ſhort Breath, given in Rue-water.

14. It helpeth the Head pain, given in Rue-water, or Roſemary-water.

15. It helpeth the yellow Jaundice, given in Celendine-water.

16. It is very powerful in the Palſie, given in Sage-water.

17. It is a good Antidote againſt the Gout, given in Sage-water.

18. It withſtandeth the growing of the Stone in the Reins, given in Renſh-wine.

19. It cauſeth a good and quiet ſleep taken in White-wine.

20. It is a great Preſerver of Health, and means of long Life, taken ſometimes in Mead.

21. It may be uſed as Triacle, or Bezar againſt Surfeits.

22. It is a general upon all Occaſions, and may be given at all times, when you do not know what the Diſeaſe is, in any of the aforeſaid liquors.

The Doſe for a Man or Woman, is from one ſcruple, to two ſcruples, and a Boy or Girl twelve or fourteen grains, in convenient Liquors.

THE

The EPISTLE.

Friend,

BEing given to underſtand, that you were reprinting the Counteſs of Kents Manual; *I thought good to communicate unto you, for the more Accompliſhment of your ſecond Impreſſion, the Vertues of ſome ſelect Cordial Spirits, of very great Uſe in weak and ſickly Perſons, which were firſt compoſed by* Sir Walter Raleigh, *during his Impriſonment in the Tower, and diſperſed by him to divers worthy Perſonages, in their ſeveral Occaſions and Neceſſities, and were imparted to me, by Captain* Samuel King, *who lived long time with him in the Tower, and in his Expeditions; this* King *being my loving Friend, and Schoolfellow, both in* Canterbury *and* Weſtminſter *Schools; I have alſo inſerted hereunto certain Experiments of* Gaſcons *Powder, or the Counteſſes, for their Operations are much of the ſame nature, which have many times with very happy Succeſs been tried, upon ſeveral Perſons by my ſelf, and divers others by my Directions, aſſuring my ſelf, it will be of very great Uſe and Benefit to ſuch Perſons as ſhall have need of ſuch Helps and Comforts; and ſo reſt,*

Your Friend,
W. J.

The Vertues of Aqua Bezoar.

IT is good againſt contagious Diſeaſes, as Plague, Purples, ſpotted Fevers, Small-pox, and Meaſels.

The Order to take it, is with *Carduus Benedictus*, or Angelica in Poſſet Ale, and ſo ſweat moderately upon the taking of it; it is good againſt Surfeits, and eaſeth the Stomack oppreſt with Wind, crude flegm, and Superfluities, and helpeth Digeſtion.

The Doſe is from two to three Spoonfuls at one time.

The

The Vertues of Spirit of Clary.

It is good to reſtore one in any Weakneſs, chiefly of the back: It preſerveth againſt the Conſumption and Ptiſick; It comforteth the Heart, and increaſeth radical moiſture; It alſo ſtrengtheneth Child-bearing Women after their Delivery.

The Doſe is one or two Spoonfuls morning and evening.

The Vertues of Aqua Mariæ.

It is good for all Infirmities of the Spleen, and to open the Obſtructions thereof, it comforteth the vital parts, and is good againſt all Paſſions of the Heart; it preſerveth the Meat in the Stomack from Putrifaction; it helpeth Digeſtion, and expelleth Wind.

The Doſe is one ſpoonful at one time.

The Vertues of Flowers of Roſemary.

It is good againſt all Infirmities of the Stomack, and to ſuppreſs all offenſive fumes riſing up from thence to the head, keeping them down, and helpeth Memory; It openeth all ſtoppings of the Liver and Melt, it preventeth *Vertigo*, *Scotomia*, Palſies, Apoplexes, Diſeaſes of that kind ariſing from cold humours; it breaketh Wind and eaſeth the Cholick.

The Doſe is one ſpoonful at one time.

The Vertues of Spirit of Mint.

It is good for the Stomack, and ſtrengthens the retentive Faculty, good againſt vomiting, and all Paſſions of the Heart, it comforteth the vital Spirits, and is good againſt the Conſumption, it expelleth Wind, and helpeth Digeſtion, and is an infallible help for Melancholy.

The Doſe is from one to two ſpoonfuls.

The Vertues of Aqua Theriacalis.

It is good againſt all Diſeaſes of the Spleen whatſoever; It preventeth and helpeth Contagions, and ſudden Oppreſſions and Qualms of the Heart.

The

The Doſe is one ſpoonful to prevent, and three to the infected, who ought to ſweat after taking it.

The Vertues of Spirit of Saffron.

It is good to comfort the vital Spirits, Paſſions, trembling, and penſiveneſs of the heart, and helpeth all Malignity oppreſſing it, and expelleth Wind, ſuppreſſeth fumes which ariſe from the Spleen, and go up to the head, and openeth the obſtructions of it; it is excellent againſt all Melancholy, and very good for Women in Travel, for it comforteth and haſteneth delivery.

The Doſe is morning and evening one ſpoonful for three days together.

Vertues of Spirit of Roſes.

It is good to open the obſtructions of the Lungs, and preventeth Conſumptions, and other infirmities of that nature, it preſerveth from putrifaction, and keepeth the breath from being corrupted.

The Doſe is a ſpoonful at noon, at four in the afternoon, and as much at bed time.

The Vertue of the Spirit of Diaſatyrion.

The Spirit made of *Diaſatyrion magis gratum*, preſcribed in the laſt *London* Diſpenſatory, comforteth and much reſtoreth decayed nature, ſtrengtheneth the weak back, increaſeth ſeed, and advanceth generation, being taken thrice a day a ſpoonful at a time, that is, in the morning faſting, at four in the afternoon, and laſt at bedward with this caution, that the weak parties abſtain from venerial acts till after their firſt ſleep.

The Doſe is one ſpoonful at one time.

The Vertue of the Spirit of Strawberries.

It is excellent good to purifie and cleanſe the blood; it preſerveth from, and alſo cureth the yellow Jaundice, and deoppilateth the obſtruction of the Spleen; It keepeth the body in a ſweet temperateneſs, and refreſheth the Spirits.

The

The Doſe is a ſpoonful at a time, when need requireth any of thoſe helps for the aforeſaid Diſeaſes.

Spirit of Confection of Alkermes *Vertues.*

It is an excelle nt Comforter of the Spirits vital, natural, and animal, in we.k and delicate Perſons, and againſt all trembling, penſiveneſs, and ſudden qualms of the heart.

The doſe is one ſpoonful at one time.

The virtue of Spirit of Comfry.

It hath all the virtues which Spirit of Clary hath, only it is of greater efficacy in inward hurts, bruiſes and ruptures.

The doſe is one ſpoonful at one time.

Extract of Ambergriece.

Take a dram of Ambergriece, grind it very ſmall on a Painters ſtone, then put it into a boult-head, then take of the beſt Spirit of Wine, either Canary, or Malligo Sack, half a pound, of Spirit of Clary, two ounces, mingle them well together, and pour of the Menſtrua one pint to this proportion of Amber, ſet them to digeſt in a gentle Balneo about eight hours, ſhaking it together three or four times, then take it out, and being cold, pour it forth and put almoſt as much more of the mixed Spirits, digeſted as before in a gentle heat by Balneo, then put it forth to the firſt extracted; and and add half as much more Spirits the third time, and digeſt it again; and then have you extracted all the ſpecial part of the Amber, and leave nothing, but black dead earth of no value.

Then take a pint of the Spirit of what Herb you will uſe, and diſſolve therein one pound of pure white Sugar-candy, or at the leaſt twelve ounces, very finely powdered and ſearced through a fine Searcer, for the ſpeedier Reſolution thereof, it is beſt to diſſol.e it cold; this reſolution muſt be twice filthered through a thin cap paper, to make it very perfect clear: then take three parts of this dul-

dulcified Spirit, to one of your Extracts of Amber, drawn with Spirit of Wine, then ſhake them well together, and let them ſtand in a ſquare glaſs very cloſe ſtopped, until it ſhall be perfectly clear; one dram of this Extraction of Amber will ſerve to dulcify and make fit two quarts of Spirit of Mints, or Clary, or the like, and give it a moſt excellent taſte and efficacious virtues.

Several Experiments made of the Counteſs of Kents, *or of* Gaſcons *Powder, by a Profeſſor of Phyſick.*

1. A Child aged about five years, troubled much with flegm, and drawing on (as the Parents conceived) to his end, with ten grains of this powder, exhibited in a ſpecifical vehicle, to the proportion of one ſpoonful, about ſeven of the clock at night, with the like doſe exhibited the next morning, was within three days ſpace perfectly recovered, and went abroad.

2. A Child aged about fourteeen years, being ſuddenly ſurprized with dangerous Fits, and trembling of the heart, with twelve grains of this Powder exhibited in a ſpoonful of *Aqua Theriacalis*, was that very day recovered.

3. A Stationers Child aged about five years, being ſuddenly taken ſo ill, that the Parents feared the life of the Child, with ten grains of this powder exhibited in a ſpoonful of Cordial Spirit, being laid down, and well covered (we ſuſpected it would prove to be the ſmall Pox) became within two or three hours ſomewhat chearful: And with this medicine continued once a day, the Pox broke forth, and the Child mended.

4. A Boy aged about ſixteen; being taken with ſuddain qualms about his ſtomach and heart, with ten grains of this powder exhibited in a ſpoonful of Doctor *Mountfords* water upon his fit, and the like quantity exhibited again when he went to bed, was the next day recovered.

5. A Child about three years old being troubled with grievous torments, and gripings in the belly with wind, with nine grains of this Powder, exhibited with two drops of ſpecifical Oyl againſt the Cholick, in a ſpoonful of ſtomach Water, was eaſed in few hours.

6. A Child about ſeven years old, being troubled with Convulſion Fits, with ten grains of this Powder, mixed with Spirit of Caſtor, and one drop of Oil of Amber, in a few ſpoonfuls of black Cherry-water, anointing the two neck veins near the ears, with a few drops of Oil of amber and Cloves, was ſuddenly recovered of his Fit.

7. A Gentlewoman, near forty years old, being oppreſſed with crude and flatuous humours, ſo that her friends thought her departing, was with twelve grains of this Powder, and two drops of a Cordial Oyl, exhibited in a ſpoonful of Cordial Water, being had to bed, within three days recovered, and followed her domeſtick buſineſs.

8. A Youth about twenty years old, much oppreſſed with wind and crudities of ſtomach, with twelve grains of this powder exhibited in two drops of ſpecifical Cholick Oil, as in the fifth experiment, with a Cordial Water, was ſpeedily recovered.

9. A Young Maid about eighteen years old, troubled with fits of the Mother, and Convulſive Fits, with twelve grains of this powder given her in a few ſpoonfuls of piony-water, gathered and diſtilled in due ſeaſon, with a drop of oil of Cinnamon, and two of Amber mingled together, being held upright before a warm fire, within four hours recovered out of her fit, and went up to her chamber (though her teeth were ſet in her head, and ſmall appearance of life) but that only her feet were warm, was diſcovered in her.

10. A Gentlewoman aged about fifty, being very

very much troubled with flatuous and crude humours oppreſſing the ſtomach, with ſixteen grains of *Gaſcon* powder, and with three drops of Oil of Oranges, duly prepared, exhibited in an ounce of *Aqua Theriacalis*, being well ſhaken and mingled together, being exhibited at two ſeveral times, that is, at night when ſhe went to bed, diſpoſing for reſt, and betimes the next morning, found much eaſe and comfort, and gained ſome quiet reſt that night, and ſhortly recovered.

11. A Young Woman aged about four and twenty, not without ſome ſuſpition of the plague, having a tumour long while ariſing on her groin, with three ſeveral doſes of *Gaſcon* Powder, exhibited at three evenings when ſhe diſpoſed for reſt, by twelve grains for every doſe in a ſpoonful of triacle Water, drinking every morning a ſpoonful of Spirit of Saffron for thoſe 3 days together, was perfectly recovered, and followed her domeſtick buſineſs.

Theſe and many other experiments have I with good ſucceſs tryed, and with Gods bleſſing recovered diverſe ſeveral Patients.

This Powder is good againſt ſmall Pox, Meaſels, ſpotted or purple Fever, exhibited in ſpecifical Waters, fit for their ſeveral diſeaſes; It is good in ſwouning and paſſions of the heart, ariſing from malignant vapours, or old cauſes, as alſo in the plague or peſtilent Fevers, always obſerving to keep the perſons upright, warm, and well covered after their taking it.

The doſe of this powder in Children, is from eight to twelve grains, in perſons more aged, from twelve to fourteen grains, but exhibite the doſe twice or thrice if need require. In the plague you may uſe a greater quantity, with ſuch medicines as are preſcribed in the *Childs bearers Cabinet*, and it will not be amiſs to mingle it with ſome *Aqua Theriacalis*.

The Compoſition of the Oil called Oleum Magiſtrale, *ſaid to be invented by one named* Aparitius, *a* Spaniard, *being ſpecial good to cleanſe and conſoledate wounds, eſpecially in the head.*

Take a quart of the beſt White-wine you can get, of pure old Oyl of Olives three pounds, then put thereto theſe flowers and herbs following, of the flowers and leaves of Hypericon half a pound, of *Cardius Benedictus*, of Valerian, of the leaſt Sage of each a quarter of a pound, if it be poſſible, take the leaves and flowers of every one of theſe, then let them all ſteep twenty four hours in the aforeſaid Wine and Oyl; the next day boil them in a pot well nealed, or in a copper veſſel over a ſoft fire, until ſuch time as the Wine be all conſumed, ſtirring it always with a ſpattle; after you have thus done take it from the fire, and ſtrain it, and put to the ſtraining a pound and half of good *Venice* Turpentine, then boil it again upon a ſoft fire the ſpace of a quarter of an hour, then put thereunto of Olibanum five ounces, of Myrrh three ounces, of *Sanguis Draconis* one ounce, and ſo let it boil till the Incenſe and Myrrh be melted, then take it off and let it ſtand until it be cold, then put it into a glaſs bottle, and ſet it eight or ten days in the Sun, and keep it for your uſe.

This Oil, the older it is, the better it is, it muſt be applied to the Patient wounded, as hot as may be endured, firſt waſhing the wound with White-wine, boiled with a handful of incenſe to comfort, and wiping it clean with a linnen cloth before you dreſs it, which muſt be, if it come to any bruſings or bitings, twice a day, that is, about eight of the clock in the morning in winter and in ſummer about nine in the morning, and about four in the afternoon, but if they be green wounds you ſhall not need to change it again until the next day, neither need the Patient to obſerve any preciſe diet.

A D-

ADDITIONS.

A Rare Searcloth, with the Virtues.

Take of Oil-olive one pound and a half, red Lead one pound and a half, of white Lead one pound, Caſtle-ſope four ounces, Oil of Bayes two ounces; put your Oil-Olive in a Pipkin, and put thereto your Oil of Bayes, and your Caſtle-ſope; ſeeth theſe over a gentle fire of embers till it be well mingled, and melted together, then ſtrew a little red Lead, and white, being mingled together in powder, ſtill ſtirring it with a great ſpater of Wood, and ſo ſtrew in more of your Lead by little and little till all be in, ſtirring it ſtill by the bottom to keep it from burning for an hour and half together, then make the fire ſomewhat bigger, till the redneſs be turned into a gray colour, but you muſt not leave ſtirring it till the matter be turned into a perfect black colour as pitch; then drop a little upon a wooden Trencher, and if it cleave not to the Trencher, nor your Finger, it is enough; then take the long linnen cloaths, and dip them therein, and make your Sear-cloaths thereof: they will keep twenty years; let your powder of your Lead be ſearced very fine, and ſhred the Sope ſmall.

The Virtues of this Sear-cloth, are:

Being laid to the Stomach it doth provoke Appetite, and taketh away any pain in the Stomach; being laid to the Belly, it is a preſent remedy for the Cholick, being laid to the Back, it is a preſent Remedy for the Flux, and running of the Reins, heat of the Kidneys, and weakneſs of the Back, it helpeth all Swellings and Bruiſes, taketh away Aches, it breaketh Fellons, and other Impoſthumes, and healeth them; it draweth out any running hu-

mour, and helpeth him without breaking of the skin, and being applyed to the Fundament, helpeth any diſeaſe there; it helpeth all old Sores, and will be made in ſix hours.

For a Surfeit.

Take 3 pints of Muskadine, 1 handful of Rue, one handful of Red Sage; boil this together three or four walms: Take a quarter of an ounce of Nutmegs, half an ounce of Ginger, two or three corns of long Pepper; beat them all together, and boil them until the three pints comes to a quart: ſtrain it, and put in it a quarter of an ounce of Methridate, half an ounce of London-triacle, a quarter of a pint of ſtrong Angellica-water, all theſe being well mixed together, put them up into a Glaſs.

It is good for one that hath Surfeited to take three or four ſpoonfuls, keeping themſelves very Warm in Bed; the ſame quantity taking is good againſt the Small-pox, or Meaſles.

It is good againſt the Wind, or pain in the Stomach, taking one ſpoonful in the Morning, or any Infection.

An Excellent Receipt againſt a Cough or a Conſumption.

Take a quarter of a pound of the beſt Hony, a quarter of a pint of Conduit-water, boil them as long as any white ſcum ariſeth, and take it off, then take a quarter of a pound of the beſt blew Currans, put them on the Fire in a pint of fair Water: Boil them until they be tender, then pour the Water from them, and bruiſe them through a hair Sieve, and put that Juice, and Hony together: Add to it one ounce of the powder of Liquorice, one ounce of the powder of Anniſe-ſeeds; mix all theſe together, and put them in a gally-pot, and when it is cold tye it up; the party troubled may take of it upon the point of a Knife Morning, or Evening, as often as the Cough taketh them.

uL-

Lucantellions *Balsom, admirable for Wounds, and many other things.*

Take of Venice Turpentine a pound, Oil-Olive three pints, yellow Wax half a pound, of natural Balsom one ounce, Oil of St. Johns-wort one ounce, of red Saunders powdered an ounce, six spoonfuls of Sack: Cut the Wax and melt it on the Fire, and then lest it catch the Fire, take it off, put in the Turpentine to it, having first washed the Venice-Turpentine thrice with Damask Rose-water, and having mingled your Sallade-Oil with the Sack, put also the Oil to them, and put them all on the Fire, and stir it till it begin to boil, for if it boil much it will run over speedily, then suffer it to cool for a night, or more, until the water and Wine be sunk all to the bottom, then make some holes in the stuff that the water may run out of it, which being done, put it over the Fire again, putting to it the Balsom, and the Oil of Saint Johns-wort; and when it is melted, then put the Sanders to it: Stir it well that it may Incorporate, and when it first begins to boil, take it off the Fire, and stir it the space of two hours, till it be grown thick, then put it up, and keep it for your use as most precious, for thirty or forty Years, or more.

The Virtues.

1. It is good to heal any wound inward or outward, being squirted warm into the inward Wound, being applyed to an outward Wound with fine lint, or linnen, anointing all those parts thereabouts, it not only taketh away the pain, but also keepeth it from any Inflammation, and also draweth forth all broken Bones, or any other thing that might putrifie or fester it, so that the Brains or Inwards, as the Liver, Guts, or part, be not touched, it will heal it in four or five days dressing, so that nothing be applied thereunto.

2. It also healeth any Burning or Scalding, and heal-

healeth alſo any Bruiſe or Cut, being firſt anointed with the ſaid Oil, and a piece of linnen cloth, or lint dipped in the ſame, being warmed and laid unto the Place it will heal it without any Scar remaining.

3. It helpeth the Head-ach by anointing the Temples and Noſtrils therewith.

4. It is good againſt the Wind Cholick, or ſtitch in the Side, applyed thereunto warm with hot clothes, morning and evening together, a quarter of an ounce.

5. It helpeth the biting of a mad Dog, or any other Beaſt.

6. It is good againſt the Plague, anointing only the Noſtrils, and the Lips therewith in the morning before you go forth.

7. It alſo healeth a Fiſtula, or Ulcer, be it never ſo deep in any part of the body, being applyed as aforeſaid is directed for a Cut.

8. It is alſo good againſt Worms, or Canker, being uſed as in a Cut, but it will require longer time to help them.

9. It is good for one infected with the Plague, Meaſles, ſo as it be preſently taken in warm Broth, the quantity of a quarter of an ounce four mornings together, and ſweat upon it.

10. It likewiſe helpeth Digeſtion, anointing the Navel and Stomack therewith when the Party goeth to Bed, it will ſtanch any Blood of a green Wound, put in a Plaiſter of lint on it, and tye it very hard.

11. The quantity of a Nutmeg in Sack blood-warm, and ſweat thereon it, bringeth forth all manner of clotted Blood, and taketh away all Aches.

12. It alſo healeth the roſe Gout and Scurvy.

13. It helpeth all pains in Womens breaſts, all Chops or Wolf that cometh with a Bruiſe.

14. It helpeth the Small-pox, being anointed therewith without any Scar.

15. It

15. It helpeth all Sprains and Swellings, and indeed I cannot tell what comes amiſs unto it.

A moſt certain and proved Medicine againſt all manner of Peſtilence, and Plague, be it never ſo vehement.

Take an Onion, and cut it overthwart, then make a little hole in either piece, the which you ſhall fill with fine Triacle, and ſet the pieces together as they were before: after this wrap them in a fine wet linnen cloth, putting it to roaſt, and covered in the embers, or aſhes, and when it is roaſted enough, preſs out all the juyce of it, and give the Patient a ſpoonful, and immediately he ſhall feel himſelf better, and ſhall without fail be healed.

How to make the Ointment of Tobacco, Jobertus.

Take of green Tobacco-leaves two pound, of freſh Hogs-greaſe diligently waſh'd one pound, bruiſe the herbs, and infuſe it a whole night in red Wine, and then let it boil with the Hogs-greaſe on a gentle fire, until the Wine be all conſumed: then ſtrain it, and add to the Ointment the juyce of Tobacco one pound, good and clear Roſin four ounces, then boil it again till the juyce be conſumed, adding towards the end, of round Birthwort-roots in powder two ounces, new Wax four ounces, or ſo much as is ſufficient to make it into an Ointment.

The Virtues of it are theſe.

It cures all Tumors, Apoſthumes, Wounds, Ulcers, Gun-ſhot, Botches, Itch, ſtinging with Nettles, Bees, Waſps, Hornets, or venemous Beaſts, wounds made with poiſoned Arrows, all Burnings and Scaldings, although it be with Oyl, or Lightning, and that without any Scar, it doth help all naſty, rotten, ſtinking, putrified Ulcers, although they be in the Legs where the humours be ready to reſort moſt in Fiſtula's, although the bone be afflicted it will ſcale it without any Inſtrument, and bring up the fleſh from the bottom; your Face being anoin-

anointed with it, it taketh away ſuddenly all Redneſs, Pimples, Sun-burnt; a Wound dreſſed with this Ointment, it will never putrify, it will cure a Wound when no Tent can ſearce it; it cures the Head-ach, the Temples being anointed therewith; the ſtomach being anointed with it, no infirmity will harbour there, no not Impoſthumes, nor Conſumption of the Lungs, the belly being anointed therewith; it helpeth the Cholick, and illiack Paſſions, the Worms, (and what not) too tedious here to relate: it helpeth the Emeroids, or Piles, it is the beſt Ointment in the World for all ſorts of Gouts whatſoever, and there can nothing come nigh unto it.

A very good Conſerve for the help of a Conſumption and Cough.

Take half a pound of blew Raiſins, of the blackeſt ſort is the beſt, and ſtone them, and skin them, and two ounces of white Sugar-candy, and two ounces of Oyl of ſweet Almonds, and bruiſe them well, and when they be well incorporated together, uſe it to eat morning, noon, and night.

A very ſpecial Drink againſt a Conſumption.

Take Colts-foot, Hyſop, Scabious, and Maiden hair, of each a handful, and a quarter of a pound of Figs, and cut them in two pieces, and a quarter of a pound of Raiſins, and ſtone them, and take ten Dates and ſtone them, and ſo boil them in four quarts of fair water, and after it hath boiled a little, put into it half an ounce of Liquorice ſcraped, and bruiſed, and ſo let it boil till one quart be boiled away, then take it off, and when it is cold ſtrain it into a Pot, and drink half a pint each morning, at four of the Clock, and ſo much after Dinner at four of the Clock.

For Worms in Children.

Wormſeed boiled in Beer or Ale, and then ſweeten it with clarified Honey, and let them drink it.

How

How to drive away the Yellows of the Face that is cauſed by the overflowing of the Gall. Proved.

Take a great white Onion, and make a hole in the top of it, and then put into it the quantity of a Nutmeg of good Triacle, and then ſtop the hole again with the ſaid piece that is cut out of it, but mingle the Triacle with Saffron powdered; this being done, roaſt the Onion in hot Embers, being wrapped up in wet Paper, and when it is well roaſted wring out the Juyce thereof hard, and give the party this to drink in the Morning, and Sweat an hour after it, and ſo continue for three Mornings together, and then let the Party take a gentle Purge, *& fiat.*

An Excellent Medicine for the Dropſie, made for Queen Elizabeth, *by Doctor* Adrian, *and Doctor* Lacy. *Proved.*

Take Polipodium, Spikenard, Squat, Ginger, Marjoram, Galingal, Setwel, *ana.* a penny weight, Sena leaves and cods, ſo much as all the reſt groſly beaten; put them into a bag, and hang it in an earthen pot of two Gallons of Ale, and every four days cover the pot with new Barm, and drink no other drink for ſix Days, and this ſhall purge all ill Humors out of the Body, neither will it let the Blood putrify, nor flegm to have domination, nor Choller to burn, nor Melancholy to have exaltation, it doth encreaſe Blood, and helpeth all Evil, it helpeth and purgeth Rheum, it defendeth the Stomach, it preſerveth the Body, and ingendereth good Colour, comforts the Sight, and nouriſheth the Mind.

For the Dropſie that Swelleth.

Eat Water-creſſes, and Raiſins, uſe it often, and it will ſend down the Diſeaſe into the Legs and Feet, and when it is there, take the green bark of Elder in the Winter, and the crops in Summer, and boil them well in fair Water and Oat-meal

to

to a Poulteſs, and apply it to the Grief, and this will Heal it.

The Celeſtial Water in the World for the Eyes.

Aqua Celidonia,
Aqua Euphraſia, } of each a quarter of a Pint.
Aqua Finiculæ,
Lapis Tutia,
Lapis Calaminaris, } of each a dram.

An Excellent Water for one that is near, or in a Conſumption.

Take Milk three pints, red Wine one pint, twenty four Yolks of new-laid Eggs, beat them very well together, then add ſo much white Bread as will drink up the Wine, and put to it ſome Cowſlip Flowers, and diſtil them, and take a ſpoonful firſt and laſt in Broth made of a Chicken, or Mutton, and in one Month it will Cure any Conſumption.

For to ſtay Vomiting preſently.

Take a little Maſtick, and put it upon a hot Coal, and ſet a Funnel over it, and receive the fume into your Mouth, and let it go into your Stomach, *& Fiat.*

Doctor Teucables *green Balſom.*

Take in the Month of *May* Roſemary-tops, Wormwood, Balm, and Rue, *ana.* two ounces, red Sage, and Bay-buds, *ana.* four ounces, Sheeps-ſuet twelve ounces; beat all this very well together in a Stone Mortar, till it be all as a Salve, then put it into a clean Pipkin well ſtopt, and ſet it for eight days in a cold place, then put it all in a clean braſs Chafer, and add to it a pound of Sweet Sallade-oil, and as many of the ſaid Herbs as aforeſaid well bruiſed, and let them boil over a ſoft fire very ſoftly the ſpace of an hour, and ſtir them all the time with a wooden Spatula, then take them from the fire, and preſently put into it an ounce of Spike oil, and ſtir them together, then with the Spoon

Spoon take off the oily ſubſtance from the Herbs, and then ſtrain it into a Gally-pot, and keep it very cloſe ſtopt, and ſet it in a cool place, it will keep good two or three Years.

The Virtues are theſe.

The Virtue of the ſaid Balm is in all Perfection good to cure all that is here under written, and the ſaid Oyl is good to any Wounds either inward or outward; proved; being inward ſquirted into the ſaid Wounds warm, and outward, being applyed with fine lint, or linnen, and anointing all the parts thereabouts.

1. It doth not only take away the pain, but it doth alſo keep it from Inflammation, and draweth forth alſo all broken Bones, or any thing elſe that might putrifie, or feſter, if the Brains, Heart, Guts, Liver be not touched, it will heal in four or five times dreſſing, if no other thing be applyed thereunto.

It healeth any Burning or Scalding by fire, or water, or by any other means; it healeth any.

A Moſt excellent Powder much uſed by a perſon of Quality, lately Deceaſed; with the Virtues.

Take Pearl Magiſtrale prepared, Coral red and white prepared, prepared Amber, prepared Harts-horn, of each half an ounce, *Contra Yarva* one ounce; mingle them well together, then take three ounces of the black claws of Crabs before they be ſodden, they muſt be taken in *June*, or *July*, the Sun being in *Cancer*, mingle all well together, then put to it four ounces of white Sugar-candy powdered, and mingle with the Sugar-candy, Amber-griece, Muſk, Citron-ſeed skinned, *ana.* ten grains; beat the Seeds, Sugar-candy, and Amber-griece by themſelves, very fine in a Stone Mortar, all the reſt muſt be paſſed through a fine Searce, then make a ſtrong Jelly of Harts-horn, being boiled with White-wine, and infuſe therein Saffron powdered

two drams, and with this Jelly perfume the Powder, being all mixt into a paſte, ſo make it up into little Balls, and ſet them into a warm Oven to dry, and then put them up to your uſe, the cloſer they be kept the better.

The Virtues of this Powder is moſt Excellent.

1. For to bring out the Small-pox, or if they be come out, take ten grains in Dragon-water each three hours, for nine hours.

2. For the Plague take ten grains in Dragon-water every three hours for nine hours, and ſweat, and keep your ſelf warm.

3. For a Heptick, take for nineteen days together, ſix grains every morning in Borrage-water.

4. For a Conſumption, in Egrimony-water, take ſix grains for fourteen days together.

5. For the Cough of the Lungs, ſix grains, in half Bettony, and half Hyſop-water, for fourteen days.

6. For any Ague or Fever, for three days, every third day take ſeven grains every three hours for nine hours in Carduus-water.

7. For Poiſon twelve grains boiled in a little Milk.

8. For a Woman that is ſick after Labour, take ſeven grains every three hours for nine hours in Egrimony-water.

9. There is no Unicorns-horn comparable to it in contagious times, it is good to take five grains every morning in a little Sack.

10. For the Paſſion of the Heart, and Convulſion fits ſeven grains in Borrage-water, and it is a great Preſerver of Health, working only as a Cordial, and you may ſafely take ten, twelve, fourteen, or ſixteen, or eighteen, or twenty grains at once for a full Doſe.

11. And if it be a great Feaver, ſmall Pox, Plague, Poiſon, or for a Woman in Labour, put into

into every Dose three grains of Bezoar Oriental.

How to strengthen the Back, and to make one Lusty.

Take half a pint of Malmsey, and a handful of the pith of an Ox-back, but take the pith out from the skin, then take four or five stalks of Artechoaks, and take the pith out of them, but first cut the stalks into pieces so long as your finger, and then parboil them well, and take the pith from them, and then put it to the other things, and boil it gently to a Jelly, and when you have done so let it be cold, and then eat it upon the point of a knife morning and evening, and at any time of the day, so much as you shall think fitting, and if you would have it pleasant, make it sweet with white Sugar-candy, but not with Sugar.

For one that cannot make his Water.

Take Thyme and steep it in Wine-vinegar, one night or more, then take of this three spoonfuls, bloud-warm, after that you have eaten, at morning, noon, and night.

How to help a stinking Breath that cometh from the Stomach.

Take two handfuls of Cummin-seeds, and beat them to powder, and seeth it in a pottle of White-wine, until half hath boiled away, and then give the party a good draught thereof first and last, morning and evening, as hot as he can suffer it, and in fifteen or sixteen days it will help.

For the Sciatica, or the Gout, my Lord of Sussex *Medicine, called* Flesh Unguetors.

Take of Rosin half a pound, of Perosin half a pound, of Virgins-wax four ounces, of Olibanum four ounces, of Mastick half an ounce, of Sheeps-tallow, or of Harts-tallow two ounces, of Camphire three drams, and of Turpentine three ounces.

The way to make it.

First beat all your Gums aforesaid every one by

ſelves, then take your Tallow and your Wax, and ſet them together on the fire, that done, put in your Roſin, then your Peroſin, then your Olibanum, and laſt of all your Maſtick; and when all is relented together over a ſoft fire of Coals, then ſtrain it through a thin Canvas Cloth into a Pottle of White-wine, and then let them all boil together again until half the Wine be waſted and ſod away; then take it from the fire, and let it cool, then afterward when it is almoſt cold anoint your hands with the Oyl of ſweet Almonds, and work it up in Rouls like Wax-touls, and in the time of the working thereof, caſt in your Camphire beaten in fine Powder by it ſelf alone; this obſerved that before you put in your Camphire into the Mortar for to be beaten into Powder, you muſt always beat in the ſame Mortar two or three Almonds, for elſe your Camphire will not be made into Powder.

The ordering of the ſame Medicine.

Firſt you muſt ſpread it upon a fine linnen-cloth, plaiſter-wiſe, and ſo lay it upon every joynt where the pain is, but before the laying of your Plaiſter you muſt anoint all your Joynts with the Oyl of Roſes, and the ſtuff of your Plaiſter muſt be half an inch thick, and according unto the Property of the ſame you muſt let it ſtick and cling where you lay it for the ſpace of nine or ten days together, notwithſtanding it doth put you to ſome pain or itch in the mean time, yet you muſt in any-wiſe let it lie on ſtill, for it will both draw out the ſinews by little ſmall Pimples, and alſo heal it again, and this one Plaiſter muſt ſerve during all the time of your Diſeaſe without any manner of renewing. *Prob.* of Witneſs by my Lord of *Suffolk*.